

learn to be a  
**HEALTH CARE AIDE**  
[www.startyourcareer.ca](http://www.startyourcareer.ca)  
**(403) 920.0070**  
**ROBERTSON COLLEGE**



## Bean me up

Create a filling side dish with roasted shrimp and edamame **PAGE 30**

# SHOWING YOU WHO'S THE BOSS

AUTHOR TEMPERS INNER FAN BOY WHILE UNEARTHING AN IMPERFECT ROCK STAR

PAGE 21



CALGARY

# metro

®

Tuesday, November 13, 2012



News worth sharing.

[metronews.ca](http://metronews.ca) | [twitter.com/metrocalgary](https://twitter.com/metrocalgary) | [facebook.com/metrocalgary](https://facebook.com/metrocalgary)

# Medical-testing issues likely widespread, advocate says

**Health care.** Tissue specimen, pathologist errors cited by watchdog in reports released last week



**JEREMY NOLAÏS**  
[jeremy.nolais@metronews.ca](mailto:jeremy.nolais@metronews.ca)

For more than a year, Leah Steele felt like someone had driven a knife into the small of her back.

The now-15-year-old Calgary teen recalls writhing on the floor in pain, waiting for a routine dose of painkillers to kick in.

"I couldn't do anything," she said. "I would keep Motrin in my backpack at school and then make excuses to my teacher so I could go out and take some."

Her mother, Sherry Steele, spent months transporting Leah to and from a full battery of tests — X-rays, MRIs and the like — before finally a doctor took on Leah's case and discovered a five-inch tumour had wrapped itself

## Changes coming: Horne

- Inquiries to Health Minister Fred Horne's press secretary Monday afternoon were not returned.



**Fred Horne**  
**THE CANADIAN PRESS**

However, the minister said last week recommendations made by the council to improve testing practices are being implemented.

around the young girl's spine. Luckily, it was benign and Leah was quickly put under the knife for a four-hour surgery.

Rick Lundy with Open Arms Patient Advocacy Society said he's frequently made aware of ordeals like Leah's, leading him to suggest the recent findings of Alberta's Health Quality Council are merely the tip of the iceberg.

Last week, the watchdog group released two reports

after a probe was ordered by provincial Health Minister Fred Horne.

One found problems with 31 tissue specimens in the laboratory at Calgary's Rockyview Hospital, and the other revealed a pathologist at Edmonton's Royal Alexandra Hospital under-reported or missed cancer altogether while evaluating 159 patient samples.

"When you look at the testing they're doing, I have big concerns," Lundy said, adding he is representing another woman who was wrongfully diagnosed with cancer and had her thyroid removed. "I think it's likely there are more cases than the ones they know about."

Leah's mother, Sherry, has worked in medical clinics and witnessed firsthand struggles with reading X-rays and proper diagnosis.

"I think it comes down to us needing more resources and staff in our health-care system," she said.

**WITH FILES FROM THE CANADIAN PRESS**

Follow Jeremy Nolaïs on Twitter @Metro\_Nolais



**Sherry Steele, right, hopes others don't have to go through an ordeal like the one that plagued her daughter Leah, left. The Calgary teen suffered for more than a year from pain caused by a tumour wrapped around her spine.**

JEREMY NOLAÏS/METRO

**LASIK MD**  
**VISION**

**FREE Consultation**

1-877-554-9888 • [lasikmd.com](http://lasikmd.com)

**LASIK NOW, PAY IN 2014!\***

**\$0 DOWN \$0 PAYMENTS \$0 INTEREST**

**LASER VISION CORRECTION**  
 Starting at

**\$490**  
 /eye\*



**Dr. Richard Léger**  
 MD, FRCSC  
 Over 40,000 procedures

\*Subject to Desjardins Card Services credit approval. Patients must reserve their procedure for surgery by February 28, 2013. Not available to residents of the United States. Not available to patients with any other eye condition. Cannot be combined with any other offer, discount or promotion. Based on prescription strength. Applicable to surgery on both eyes only. Other conditions may apply.



**BRRRR!!! IT'S TIME  
TO BUY AN SUV**

**OVER 150 SUV'S  
TO CHOOSE FROM!**

**20 ACADIAS TO CHOOSE FROM!**  
VIEW OUR ENTIRE INVENTORY ONLINE @  
**CMPAUTO.COM**



**HAIL SPECIAL**

**2012 GMC  
TERRAIN AWD SLE-1**  
2.4L 6-SPEED AUTO, A/C, PWR WINDOWS  
& LOCKS, 7" COLOR TOUCH SCREEN,  
XM SATELLITE RADIO, REARVIEW  
BACKUP CAMERA, BLUETOOTH, ONSTAR  
PI20914  
MSRP: \$31,640  
SALE PRICE **\$24,995**  
**\$73 /WEEK!**  
**OVER \$6,600 IN SAVINGS!**



**HAIL SPECIAL 2012 GMC  
ACADIA**

3.6L 6-SPEED AUTO FWD, REMOTE START, BLUETOOTH,  
8 PASSENGER SEATING CONFIG, TRAILERING PROVISIONS,  
VEHICLES INTERFACE PKG, ENGINE BLOCK HEATER  
PI20911  
MSRP: \$41,455  
SALE PRICE **\$29,995**  
**\$88 /WEEK!**  
**OVER \$11,400 IN SAVINGS!**

**SONIC BOOM!**  
**OVER 35 SONICS TO CHOOSE FROM!**  
**THE LAST VEHICLES OF OUR  
HAIL SALE ARE ALMOST GONE!**

**HAIL SPECIAL**

**OVER \$6,000 IN SAVINGS!**

**2012 CHEVROLET SONIC 2LT**  
6-SPEED AUTO, REMOTE START, A/C W/  
CLIMATE CTRL, ONSTAR, MP3 COMP,  
BLUETOOTH, XM SATELLITE RADIO  
CI21392

MSRP: \$20,690  
SALE PRICE **\$14,566**  
**\$55 /WEEK!**



**OVER 90 CRUZES TO CHOOSE FROM!**  
VIEW OUR ENTIRE INVENTORY ONLINE @  
**CMPAUTO.COM**

**NO HAIL DAMAGE!**

CI21655  
**2012 CHEVROLET CRUZE LS**  
6-SPEED MANUAL FWD, ONSTAR, ABS,  
CONSOLE MP3 GRAPHIC DISPLAY

**HUGE PRICE REDUCTION!**  
MSRP: \$17,250  
SALE PRICE **\$14,995**  
**\$44 /WEEK!**



**CASH FOR  
CLUNKERS**

**SAVE UP TO  
\$3,000!**

Recycle your 2006 model year or older  
vehicle and receive up to **\$3,000** towards  
the cash purchase, financing or leasing of  
an eligible 2012 or 2013 truck!

**CASH.CMPAUTO.COM**



**1313 36 St. NE, Calgary, AB  
T2A 6P9 403-930-1634**



**BANKRUPTCY | DIVORCE | NO CREDIT  
NEW CREDIT | NEW TO CANADA**  
**100% APPROVAL RATING**  
**403.569.5416**  
CALGARYAUTOFINANCING.COM

FOLLOW US FOR NEWS,  
EVENTS, SPECIALS, PRIZES:  
Facebook Twitter Google+  
FREE MOBILE APP:  
Available on the iPhone  
App Store  
Google play



**CMPAUTO.COM**

HAIL SPECIAL VEHICLES HAVE MINOR HAIL DAMAGE. CAN BE PAINTLESS DENT REPAIRED FOR ADDITIONAL COST. 1. O.A.C. @ 4.99% FOR 60/96 MONTHS. TAXES (GST, \$20 TIRE & \$100 A/C) AND FEES (\$449 ADMINISTRATION, \$149.95 WHEELS LOCKS AND NITROGEN & \$6.25 AMVIC) NOT INCLUDED. ERRORS AND OMISSIONS EXEMPT. VEHICLE MAY NOT BE EXACTLY AS SHOWN.



#### Mount McKenzie Drive

### Car slams into S.E. building

A teenaged driver was shaken up but suffered no injuries after emergency crews report the car he was driving slammed into a southeast Calgary building Monday.

The incident occurred around 12:30 p.m. in the 1400 block of Mount McKenzie Drive, according to a release, and involved a late-model Sedan.

Fire crews assessed the building for damage and determined its structural integrity had not been compromised.

It was not immediately clear what caused the crash or whether the driver, who was the lone occupant of the vehicle, would face charges. **METRO**

#### Unwanted guest

### Charges laid in stabbing at wedding party

Calgary police have laid charges after a person was stabbed at an after-wedding party over the weekend.

According to witnesses, people at the gathering inside the Marlborough Park Community Centre were attempting to eject an unwanted guest when he pulled a knife and stabbed a man.

The suspect fled the party, according to police, but was later arrested at a nearby residence.

Jose Omar Flores-Mejia, 47, has been charged with assault causing bodily harm.

The victim suffered minor injuries, was treated in hospital and then released, according to release. **METRO**



A city sanding truck makes its way down Raddcliffe Drive S.E. on Monday. An overnight parking ban saw 75 per cent compliance on snow routes, according to the city. **ROBSON FLETCHER/METRO**

# Parking ban still a work in progress

**A matter of timing.** City ruled out snow-route ban on Friday or Saturday due to communications system maintenance, waited until 1 p.m. Sunday to respect Remembrance Day ceremonies



**ROBSON FLETCHER**  
robson.fletcher@metronews.ca

City officials thanked residents Monday for co-operating with the first snow-route parking ban of the season, but not everyone thought the compliance was all that great.

Roads spokesperson Jen-

nifer Thompson-Goldberg said roughly three-quarters of the designated snow routes were completely free of parked cars during the ban, which ran from about 1 p.m. on Sunday to 8 a.m. on Monday.

"For the first parking ban that's an excellent percentage," Thompson-Goldberg said. "We're really happy with the co-operation we received from Calgarians."

Not all motorists complied with the no-parking order, however. Thompson-Goldberg said roughly 355 tickets were issued to vehicles parked on snow routes during the ban.

But far more vehicles could have been ticketed, according to Woodlands resident Joey Oberhoffner, who said many people left their cars on Woodview Drive, despite it being clearly marked as a snow

route.

"The entire road was just covered in cars ... and they didn't seem to have tickets on the windshields this morning," he said Monday. "The road definitely didn't get plowed."

Warm temperatures later in the day helped get rid of the snow naturally, Oberhoffner noted, as did many Calgarians who questioned the purpose of a parking ban on Sunday when much of the snow fell Friday.

That was a sentiment Ald. Shane Keating heard from many residents in his ward.

"Two days after the fact, why bother?" he said.

Keating said he supports the parking ban in general terms but recognizes it's a work in progress that needs to be tweaked.

This is only the third full snow-route parking ban the

#### Parking-ban tweets

- #yyc #parkingban makes no sense to ban parking when its NOT #snowing, totally defeats the purpose – @Danightowl
- What's the point of a snow route parking ban when it snowed two days ago and the snowplow has already gone by six times? #yyc – @Tindall-theFirst
- The parking ban in #yyc is just another not so sneaky cash grab by the @cityofcalgary. – @ryansview

city has issued since implementing the program last year, Thompson-Goldberg said.

1 NEWS

\*AMVIC Licensed. Maximum value \$800. Tire costs vary by vehicle. No cash equivalent. Limited Time Offers. See Dealer for details.

**COMPLIMENTARY WINTER TIRES**

**AN \$800 VALUE!**

**\$800**

**WITH YOUR PRE-OWNED PURCHASE!**

**ENDS NOVEMBER 30!**

**WE'RE ROLLIN'!**

**ALL NEW VILLAGE HONDA**

**OVER 60 VEHICLES AVAILABLE!**

**FULLY INSPECTED! 100% CERTIFIED!**

**SEE THEM ALL AT VILLAGEHONDA.COM**

**NOW OPEN IN THE NORTHWEST AUTO MALL • CALL: (403) 451-6153 • www.VILLAGEHONDA.com**

## Expense receipts. Trustee files complaint after private info published

Expense receipts for public-school trustees pulled from the Calgary Board of Education's website amid concerns they contained private information have yet to be republished, and one elected member has filed a complaint with Alberta's privacy commissioner.

Trustee Carol Bazinet was among the first to raise alarms in early October after receipts of hers published online contained partial credit card numbers and personal contact information.

Forms for other trustees also included the names of spouses and their place of employment, as well as medical and dietary restrictions.

Bazinet said after the board refrained from apologizing to her or providing a rationale for how to avoid problems going forward, she took her matter to the province, filing a freedom-of-information and privacy complaint.

"I just feel it's really neces-



Trustee Carol Bazinet METRO FILE

sary to push until practices change," she said. "I wouldn't want this to happen to somebody else."

The privacy commissioner had already originally been notified by the CBE of the original folly, but has not publicly issued any related recommendations or orders to date.

JEREMY NOLAIS/METRO

## Bragg Creek. Alberta approves plan to protect community from wildfires

The Alberta government has approved a plan it hopes will protect the community of Bragg Creek from the kind of extreme wildfires that devastated the town of Slave Lake.

Environment Minister Diana McQueen says the Fire-Smart plan will create firebreaks on forested Crown land near the community west of Calgary.

Some had concerns the firebreaks would affect hiking trails in the area.

McQueen says the government will allow some buffers

of trees to separate hiking trails from the areas to be cut.

But she says the government has an obligation to manage the costs taxpayers would face to fight an extreme wildfire in the area. **THE CANADIAN PRESS**

### Slave Lake

The May 2011 Slave Lake fires caused an estimated \$750 million in damage and another \$289 million in government costs.



Alberta Premier Alison Redford speaks to reporters at the Alberta Progressive Conservative convention in Calgary on Saturday. BILL GRAVELAND/THE CANADIAN PRESS

# Wildrose says Tory debt plan is a slippery slope

**Greece is the word.** 'It's like Ralph Klein and Jim Dinning never existed for the PCs,' Smith says

Premier Alison Redford's plan to take on debt puts Alberta on the same slippery slope that sent Greece over the fiscal cliff, Wildrose Leader Danielle Smith said Monday.

"We get \$10 billion worth of resource revenue (a year), they (government officials) are blowing through our (multi-billion-dollar) savings, and in

addition to that they're taking on debt?" said Smith.

"The level of incompetence on the fiscal side is stunning."

Smith was responding to weekend comments from Redford and Finance Minister Doug Horner on the state of the Alberta budget.

At the weekend Progressive Conservative party convention in Calgary, Redford and Horner said the budget will be balanced as promised — but only on the day-to-day operations side.

Horner said they will be looking to take on debt or enter into private-sector agreements to pay for big-ticket

### Pay as they go

Derek Fildebrandt of the Canadian Taxpayers Federation said the Tories have proven they can pay as they go with \$38 billion in infrastructure spending in the past six years.

capital projects such as roads, schools and hospitals that can't wait in a growing province.

They labelled it sound financial management akin to taking out a mortgage on a house, then budgeting to

make the payments.

"If everything we do right now is funded fully with cash in the bank, then we are never going to build anything more in this province," Redford told reporters.

Smith said Redford does not have the mandate to take Alberta back into debt, and should take the issue to a referendum.

"If (the Tories) told Albertans 'We're going to buy things today and put the mortgage on our kids and our grandkids,' I can assure you they would not have won the election," she said.

**THE CANADIAN PRESS**



### Professional Institute of MASSAGE THERAPY

#### JANUARY START DATES FOR

Relaxation Massage Certificate	Massage Therapy Diploma	Advanced Massage Therapy Diploma
250 HOURS	1000 HOURS	2200 HOURS

805 14TH STREET NW  
PH 403.247.4319  
PIMTMASSE.COM

VISIT US ON FACEBOOK  
facebook.com/  
PIMTMessage

## Calgary reservist not guilty of criminal act, lawyer says

The lawyer for a Canadian soldier charged after a mine explosion killed a colleague on a training range in Afghanistan says his client isn't guilty of a crime.

But the prosecution contends that Maj. Darryl Watts's supervision of the range on the day in question was negligent to the point that criminal charges are justified.

Watts, a Calgary reservist, faces a court martial this week on a charge of manslaughter and five other offences.

Cpl. Joshua Baker, 24, died on Feb. 12, 2010, at a range four kilometres northeast of Kandahar city when an explo-



Maj. Darryl Watts  
THE CANADIAN PRESS

sive Claymore mine packed with 700 steel balls raked a Canadian Forces platoon. Four other soldiers were wounded.

A Claymore mine is a com-

mand-detonated anti-personnel weapon that is set up above the ground with the explosive side facing in the direction of the enemy.

Watts is also charged with two counts of negligent performance of a military duty, one count of unlawfully causing bodily harm and two counts of breach of duty.

He was a captain at the time and the officer in charge the day of the accident.

"My personal view is that Darryl Watts didn't do anything wrong here and certainly didn't do anything criminal," said his civilian lawyer, Balfour Der. **THE CANADIAN PRESS**



# iPhone 5 deserves the largest LTE network.<sup>1</sup>



3-yr. term with  
voice & data plan

\$179<sup>95</sup>²

\$699.95 No term

Apple iPhone 5

With Bell, you get access to Canada's largest LTE network.<sup>1</sup> Plus, you get unlimited access to the largest Wi-Fi network across Canada, including coffee shops, fast-serve restaurants and bookstores.

Visit a Bell store • 1 888 4-MOBILE • bell.ca

**Bell** being with  
Bell just  
got better

Available at the following  
Bell stores:  
BANFF  
Cascado Plaza  
CALGARY  
216 Saddletowne Circle  
1002-17th Ave SW  
9650 Harvest Hills Blvd NE  
Beacon Hill Centre  
Bow Valley Square – Kiosk  
Chinook Centre  
Chinook Centre – Kiosk  
Crowfoot Crossing  
Deerfoot Meadows  
Deerfoot Outlet Mall  
Edson Centre  
Market Mall  
Market Mall – Kiosk  
Marlborough Mall  
Marlborough Mall – Kiosk  
North Hill Shopping Centre – Kiosk  
Northland Village  
Shawnessy Village  
Southcentre Mall  
Southcentre Mall – Kiosk  
Southpointe Shopping Centre  
Sunridge Mall  
Sunridge Mall – Kiosk  
Westbrook Mall – Kiosk  
CANMORE  
105-802 Bow Valley Trail  
EDMONTON  
3918 White Mud & 17th St  
6143-28th Ave  
9774-170th St  
10603-107th Ave  
17551-100th Ave  
14822 Stony Plain Rd  
18559 Stony Plain Rd  
Abbottfield Shoppers Mall  
Bonnie Doon  
Capilano Mall  
Edmonton City Centre  
Kingsway Mall  
Kingsway Mall – Kiosk  
Londonderry Mall  
Mill Woods Town Centre  
Northgate Centre  
Northgate Centre – Kiosk  
Oliver Square  
Sherwood Park Mall  
South Edmonton Common  
South Park Centre  
Southgate Mall – Kiosk  
St Albert Trail at 137 Ave  
West Edmonton Mall – Kiosk  
West Edmonton Mall – Kiosk  
Westmount Centre  
FORT MCMURRAY  
19 Riedel St  
Peter Pond Shopping Centre  
GRANDE PRAIRIE  
Prairie Mall  
LETHBRIDGE  
Centre Village Mall – Kiosk  
Lethbridge SmartCentres  
Park Place  
LLOYDMINSTER  
Lloyd Mall  
MEDICINE HAT  
Corry Drive Plaza  
Medicine Hat Mall  
PEACE RIVER  
10032-100th St  
RED DEER  
Bower Place Shopping Centre  
Parkland Mall  
ROCKY VIEW  
Crossiron Mills Mall  
Crossiron Mills Mall – Kiosk  
SPRUCE GROVE  
Creekside Centre  
ST-ALBERT  
460-140 St-Albert Rd  
St. Albert Centre  
WHITECOURT  
3439-34th Avenue

Also available at these retailers:

**Best Buy mobile**  
your phone, your way

► **FUTURE SHOP**

||| **booth**.wireless

« **SOURCE** »

**Visions**

« **WIRELESSWAVE** »

Offer ends November 30, 2012. Available with compatible devices within network coverage areas available from Bell Mobility; see bell.ca/coverage. Long distance and roaming charges (including foreign taxes) may apply. Paper bill charge (\$2/mo.) applies unless you register for e-bill and cancel your paper bill. Other monthly fees, e.g., 911 (\$ask: \$0.62, New Brunswick: \$0.53, Nova Scotia: \$0.43, P.E.I.: \$0.50, Quebec: \$0.40), and one-time device activation (\$35) apply. Upon early termination, price adjustments apply; see your Service Agreement for details. Subject to change without notice. Taxes extra. Other conditions apply. (1) Based on total square kms of coverage on the shared 4G LTE network available from Bell vs. Rogers LTE network. See bell.ca/LTE for details. (2) With new activation on a 3-yr. term on a post-paid voice and data plan or a post-paid voice plan and a data feature with a min. value of \$50/mo. Price applies to the 16GB model. Apple and iPhone are trademarks of Apple Inc.





The Can Pro station in downtown Calgary was selling regular-grade gasoline for 99.9 cents per litre on Monday.

ROBSON FLETCHER/METRO CALGARY

# Calgary gas prices down – but still above Edmonton's

**Persistent disparity.** Prices have dipped below \$1/litre at gas stations across Edmonton, but just one station in Calgary hit that mark on Monday



**ROBSON FLETCHER**  
robson.fletcher@metronews.ca

Gas prices in Calgary are at their lowest level since February but fuelling up here still costs motorists about five cents a litre more than in Edmonton, according to an industry analyst.

Edmonton is closer to refineries, but Jason Toews of GasBuddy.com said that alone doesn't explain the persistent price gap between the two cities, which has remained relatively constant since 2009.

That's when Costco stores

in Edmonton started selling gasoline, Toews said, an event that tends to drive prices down in many markets, as the bulk-sales giant aggressively prices its fuel and other gas stations try to match.

Calgary's different.

"It seems like in Calgary, they just said, 'OK, we're just going to live with this, Costco is going to be beating us,'" he said.

One exception in Calgary is the downtown Can Pro station, which on Monday was selling gasoline for 99.9 cents per litre.

Co-owner Parbhushan Sidhu said he tries to keep prices at low as he can because he believes it attracts clientele, in particular taxi drivers.

Other drivers, however, can't be bothered to go out of their way to save a few cents.

Shane Castonguay said he usually fills up at Canadian Tire because of rebates in Canadian Tire money. He said this, mind you, while filling up at Esso on

## GasBuddy.com

- **City's lowest.** The cheapest gas in Calgary on Monday was on sale for 99.9 cents per litre at Can Pro downtown, according to GasBuddy.com.
- **Above \$1.** The next cheapest was at Costco on Sarcie Trail for 100.9 cents per litre, followed by GasPlus on 3 Avenue N.W. for 101.9.
- **Capital costs.** In Edmonton, by comparison, two Costco stores and a Domo were selling gas for 94.9 cents per litre on Monday.
- **Nationwide.** The average gas price in Canada, meanwhile, was 120.7 cents per litre.

Monday. "I was getting low on gas," he explained.

**Thinking About an Art and Design Career?**  
In today's highly visual and brand-conscious world, there's never been a better time to be a creative professional. If your vision for the future includes an exciting career in art & design, then a diploma from Reeves College may be the secret to your success. Train today to become a **Computer Graphic Designer!**

**Additional programs available:**

- Accounting & Payroll Admin
- Medical Office Assistant
- Legal Admin Assistant
- Paralegal
- Oil & Gas Admin Assistant
- And More

**CONTACT US FOR MORE INFO** } **CALL: 1.800.710.1448** **VISIT: learn.ReevesCollege.ca**

facebook /ReevesCollege    twitter /ReevesCollege    YouTube /ReevesCollege

**Become a Health Care Aide in 5 Months**

- ✓ We offer accredited programs, **Alberta Government** approved, that will lead to a more rewarding career
- ✓ Flexible class schedules: **Mornings, Afternoons, Evenings and Weekends**
- ✓ Funding available for those who qualify

**Health Care Aide**

**your FUTURE starts here...**

**403.719.4300**  
3516 26 Street NE, Calgary AB (Opp. Greenwood Inn)  
info@abmcollege.com  
www.abmcollege.com

**Health Care Aide • Medical Office Assistant • Massage Therapy  
Business Administration • Accounting & Payroll • First Aid & CPR**



# Temperatures stretch shelter resources

**In from the cold.**  
Daily highs expected to hover above 0 C in days ahead after frigid system passed through late last week

Calgary's coldest blast of the current fall season to date forced hundreds of homeless people into shelters late last week and stretched already sparse winter supplies, according to representatives with local support groups.

On Friday and Saturday temperatures stayed well below freezing, driving immediate demand for wool socks, pocket-warmers, hygiene products and various other items at the Calgary Drop-In and Rehab Centre, which officials report is routinely providing shelter for a full-capacity group of 1,170 people.

"Every donation warms bodies — hands, heads and hearts," said representative Steve Baldwin in an email Monday.

Meanwhile, the Mustard Seed's 370-bed shelter has

verged on being completely full far earlier than usual, says spokesperson Alyssa Burnham.

"Even a little bit before the weather turned cooler, we had been seeing higher numbers in shelters across the city," she said. "After last weekend, we were doing really well with winter supplies. Just a few days into the cold snap, we have gone through boxes and boxes of jackets and gloves. It wipes resources

out very quickly."

Inn From the Cold has been beyond capacity for much of the year at its 80-person family shelter, according to spokesperson Bonnie Elgie.

"We deal with a variety of people — everything from newborns right out of the hospital to full-grown adults," she said. "We need everything.... We have found it very taxing this year keeping up with the demand."

JEREMY NOLAIS/METRO



Calgary shelters run by groups like the Mustard Seed are coping with a relatively early drop in temperatures and working feverishly to properly clothe hundreds of the city's homeless. ROBSON FLETCHER/METRO

## Council. 911 spending requests stir calls for cellphone fees

Last-minute additions of nearly \$3 million in 911-related expenses to Calgary's budget have renewed calls to help pay for the service by having the province collect a fee on cellphones, as the city already does from land lines.

During budget deliberations next week, council will consider spending an extra \$822,000 to add six full-time operators next year, as well as \$2.05 million to run a new communications facility.

"I'm not one for spending, but this is probably one of the best cases I've seen for a budget adjustment," Ald. Peter Demong said.

Demong is one of several city officials who believe Alberta should join other jurisdictions in Canada in collecting fees on cellphones and directing those funds to 911 service provincially.

A 62-cent fee (equal to what Saskatchewan collects) could bring in \$30 million



Ald. Peter Demong says he supports additional city spending on 911 communications but thinks cellphone fees should help fund the service. ROBSON FLETCHER/METRO

a year in Alberta, according to Tracy Bertsch of Calgary's Public Safety Communications (PSC) board.

PSC currently collects about \$3 million a year from the land-line fee, Bertsch says, but roughly 60 per cent of 911 calls come from cellphones. ROBSON FLETCHER/METRO

### 4th Avenue

#### Pipe breaks found at apartment

Calgary fire officials were determining whether they would have to evacuate a downtown highrise late Monday after heating pipes burst.

Emergency crews were called to an apartment tower in the 500 block of 4th Avenue SW Monday around 3 p.m., after reports of water in a parkade. Further investigation revealed a break in two heating pipes.

At last notice, fire officials were expecting the system to be repaired by 9 p.m. Monday but were prepared for a 24-hour repair time. METRO

### Online

For more local news visit [metronews.ca](http://metronews.ca)



### Deceased woman

#### Body recovered from Bow River

Police confirmed Monday that emergency crews have pulled the body of a woman from the Bow River but provided few other details.

Insp. Mike Tillotson said crews were called to the scene by a passerby who thought they had spotted a person in the river around 10 a.m.

"We did find a deceased person — that's all the information I can really give at this point," Tillotson added.

Investigators remained on scene at Memorial Drive near the 4th Avenue flyover for much of the day. More information is expected to be released following an autopsy scheduled for Tuesday.

JEREMY NOLAIS/METRO



**10¢**  
REFUND  
(0-1L)

**25¢**  
REFUND  
(OVER 1L)

BEVERAGE CONTAINERS ARE  
**REFUNDABLE & RECYCLABLE**



**DEPOT**  
It's Worth It

Find a Depot [albertadepot.ca](http://albertadepot.ca)



## Crime

## Police officer raped by colleague fights back

Denise Robinson used to feel completely alone before going public about being raped by a fellow police officer.

But that changed once other female officers came forward with similar stories.

"For so long I thought this was an isolated case and I thought, 'oh my God, no one else has ever been through this before,'" said Robinson, a special constable with the

Kativik Regional Police in northern Quebec.

She was raped by her colleague, Joe Willie Saunders, on Feb. 5, 2010, while she was intoxicated in her police residence after being driven home from a house party. Saunders pleaded guilty to sexual assault and was sentenced Aug. 24 to 18 months in jail.

Robinson said her employer stopped paying her after she reported the incident to her superiors a few days later because she was deemed unfit for work.

Without work and a pay-



Denise Robinson METRO IN OTTAWA

cheque, she has been staying with family in Ottawa for the better part of two years while receiving treatment for post-traumatic stress disorder and fighting for lost pay from the

police force.

Robinson said on Nov. 2 her employer offered her three months' pay if she quit her job.

"Accepting that offer, to me, is telling them it's OK what they did," she said.

After she decided to make her story public and launch an online petition to protect female officers from abuse and discrimination, she said four female police officers have contacted her to tell their stories about sexual harassment in the workplace.

JOE LOFARO/METRO IN OTTAWA

# Trudeau's team looks to U.S. Dems for advice



Liberal MP and leadership candidate Justin Trudeau attends a Remembrance Day ceremony in Montreal on Sunday. GRAHAM HUGHES/THE CANADIAN PRESS

**Liberals.** Leadership hopeful's campaign seeks out Obama's staff for lessons on winning

Hot on the heels of President Barack Obama's re-election victory, Justin Trudeau's Liberal leadership team is looking to U.S. Democrats for advice on how to win.

Mitch Stewart, who was the battleground-states director for the Obama campaign, has been sought out to speak to Trudeau's strategists on Thursday, according to officials with the campaign.

Trudeau's leadership bid is being organized around much of the same strategic

goals that drove Obama's victories in 2008 and this year — rallying support from young people and other progressive-leaning voters who haven't traditionally cast ballots in elections.

If Trudeau wins, that is also the same approach he hopes to use to put the Liberals back on a competitive footing with the Conservatives in 2015.

Stewart, who rose to the top ranks of the Obama team after delivering a surprise win in Iowa in 2008, was the man in charge of getting out the Democratic vote this year in all-important swing states such as Ohio and Florida, where Obama was triumphant over Republican challenger Mitt Romney.

TORSTAR NEWS SERVICE

## Comedy. TV star Colbert says Windsor, Ont., may be 'Earth's rectum'

In his latest book, comedian Stephen Colbert gives a wag of the finger to Ontario's City of Roses.

The book, titled *America Again: Re-becoming the Greatness We Never Weren't*, contains a section about renewable energies and geothermal power.

"Before we can harness geothermal power, we have to take the planet's temperature with a geothermometer," reads the passage. "And I have no idea where the Earth's rectum is!"

A footnote on the latter sentence suggests "Windsor, Canada" as a possible location.

This isn't the first time the Comedy Central host has taken a swipe at Windsor, Ont. A 2007



Stephen Colbert GETTY IMAGES

segment on his show listed the city as one of the worst places on Earth.

City spokesperson Jason Moore questioned whether Colbert had ever been to Windsor, but declined to offer further comment. THE CANADIAN PRESS

## PUBLIC NOTICE TIMOTHY FRED'S FURNITURE

**GOING OUT OF BUSINESS** **MUST CLEAR \$ MILLIONS**  
**FINAL CONTAINER LOADS NOW ARRIVING!**  
**FURNITURE**  
FROM CALGARY STORE & OUR MANUFACTURERS WAREHOUSES

**65% OF THEIR 2012 COMMITMENT TO THEIR SUPPLIERS AND MANUFACTURERS HAS BEEN SOLD. THEY STILL MUST SELL OVER \$1 MILLION OF FURNITURE & MATTRESSES – BEFORE THEIR LEASE RUNS OUT!**

ALL UPHOLSTERY, LEATHER, BEDROOMS, MATTRESS SETS, DINING ROOMS, OCCASIONAL TABLES, TV/ENTERTAINMENT STANDS, HOME OFFICES, RUGS AND ACCESSORIES. **PRICES FURTHER REDUCED!** SIGNATURE PEPPER CORN CHAIRS, DYNASTY, CANADEL, WINNERS ONLY, WORLDWIDE, SUNNY DESIGN, SEALY, SIMMONS, KING KOIL AND POSTURE BEAUTY.

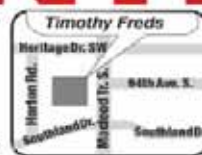
PLEASE NOTE: OUR HIGH RIVER STORE IS NOT CLOSING, BUT WILL BE PARTICIPATING IN THE MASSIVE CLOSEOUT OF OUR CALGARY STORE. ALL CLOSEOUT PRICES WILL BE MATCHED IN HIGH RIVER.

**DON'T MISS OUT ON THIS HUGE EVENT!**

*timothy fred's*

9639 MACLEOD TRAIL S  
PH 403.640.2220

**HOURS**  
MON-FRI 10AM - 9PM  
SATURDAY 10AM - 6PM  
SUN & HOLIDAYS 11AM-5PM



FURNITURE — HOME DECOR — MATTRESSES  
**TIMOTHYFREDS.COM**



# Government accused of stealing diamonds

**Zimbabwe.** Report casts shadow over President Mugabe's efforts to win international respect for country's gem trade

At least \$2 billion US worth of diamonds have been stolen from Zimbabwe's eastern diamond fields and have enriched President Robert Mugabe's ruling circle, international gem dealers and criminals, according to an organization leading the campaign against conflict diamonds.

Zimbabwe's eastern Marange field has been mined since 2006 and its vast earnings could have turned around Zimbabwe's economy, battered by years of meltdown and political turmoil, the group said. But funds from the diamond sales have not showed up in the state treasury. Instead there is evi-

dence that millions have gone to Mugabe's cronies.

The report was released Monday to coincide with the Zimbabwe government's conference on the diamond trade. Government officials at the conference denied the report's allegations as "totally false."

THE ASSOCIATED PRESS



Miners dig for diamonds in Marange, eastern Zimbabwe. At least \$2 billion US worth of diamonds have been stolen from Zimbabwe's eastern diamond fields and have enriched President Robert Mugabe's ruling circle, an organization says. TSVANGIRAYI MUKWAZHI/THE ASSOCIATED PRESS

## Heathrow Airport

### Arrest made in terrorist investigation

British police say a man has been arrested at London's Heathrow Airport as part of an investigation into travel to Syria in support of alleged terrorist activity.

Scotland Yard said the 24-year-old, whose name and nationality were not provided, was taken into custody by counterterrorism officers after immigration officials stopped him once he arrived on a flight from Bahrain Monday morning.

Police said the man was arrested on suspicion of the "commission, preparation or instigation of acts of terrorism."

THE ASSOCIATED PRESS

## EU 2013 budget

### Blocking aid to Italy quake victims called shameful

The head of the European Parliament on Monday decried as shameful the delay by some countries in approving \$850.5 million US to help Italy's Emilia Romagna region recover from this year's back-to-back earthquakes.

European Parliament President Martin Schulz said that EU members who have held up talks on the approval of the EU's 2013 budget, including the quake funds, "should feel ashamed."

Schulz said some EU countries were taking the earthquake aid "hostage" to get a more favourable deal from the budget negotiations. THE ASSOCIATED PRESS



### Taken out of the wrong hands

An Afghan national army officer salutes during a ceremonial handover of confiscated weapons in Laghman province, east of Kabul, on Monday. The Disbanding of Illegal Armed Group program, a U.S.-backed initiative for disarming illegal militants in Afghanistan, put on the event.

RAHMAT GUL/THE ASSOCIATED PRESS



What does your freedom look like?

You tell us what. We'll show you how.  
[tellyourfreedom.ca](http://tellyourfreedom.ca)







**Winter's almost here  
and it's time to come up  
with an escape plan.**

## **YOU COULD WIN a trip for two to escape to Saint Lucia!**

**There are 2 prizes available to be  
won and consist of:**

- Airfare for 2 to Saint Lucia via Air Canada Vacations
- Seven-night all-inclusive stay at the Morgan Bay Beach Resort, an Elite Island Resort

To register and for full contest details  
**visit clubmetro.com**

**AIR CANADA  VACATIONS**



Don't forget to like us on Facebook! facebook.com/clubmetrocalgary

# **Owner wonders if faulty furnace caused for blast**



Emergency workers work at the site of a home that was destroyed by an explosion Sunday in Indianapolis. The powerful nighttime blast damaged or destroyed nearly three dozen homes. DARRON CUMMINGS/THE ASSOCIATED PRESS

**Blast effect.** 80 homes damaged, 31 may be demolished, damage put at \$3.6 million

An enormous blast in the U.S. Midwest that killed two people, obliterated two homes and made dozens more uninhabitable came with no hint of warning, and the home owner on Monday wondered whether a faulty furnace was to blame.

Fire officials expressed amazement that only two people died late Saturday in the Indianapolis explosion, which rocked several houses

from their foundations. Hundreds of residents evacuated. A fire burned for hours, engulfing dozens of homes.

The owner of the house that exploded, John Shirley, said he received a text message last week from his daughter about a problem with the furnace at the house the girl shares with her mother and her mother's boyfriend.

He said that when he asked if the furnace had been fixed, his daughter said yes, and he wasn't aware of any additional problems until he heard from his daughter again Sunday morning. Shirley said no one was home at the time of the explosion.

### **Text message**

**"I get a text from my daughter saying 'Dad, our home is gone.'"**

John Shirley, co-owner of the house

The blast flattened the house Shirley co-owns with his ex-wife and one next door that belongs to Jennifer Longworth and her husband, John.

The coroner's office had not yet identified the two people killed in the blast, but a candlelight vigil was held Sunday at the school where Jennifer Longworth teaches.

THE ASSOCIATED PRESS

## **U.S. retains UN human rights seat in only contested election**

The United States was re-elected Monday to another three-year term on the UN Human Rights Council in the only contested election for the organization's top human rights body.

The U.S. was competing with four countries for three open seats belonging to the Western Group on the council. Germany and Ireland were also elected by the 193-member General Assembly.

African, Asian, Eastern European and Latin American countries put forward uncontested slates, meaning candidates were virtually

certain of winning one of the 18 open seats up for grabs in this year's election on the 47-member council.

Several human rights groups have criticized a number of the candidates as unqualified, including Ivory Coast, Ethiopia, Gabon, Kazakhstan, Pakistan and Venezuela.

The five Western nations competing for seats — the U.S., Germany, Ireland, Greece and Sweden — were all deemed qualified by the rights groups.

Argentina, Brazil, Ivory Coast, Estonia, Ethiopia,

Gabon, Japan, Kazakhstan, Kenya, Montenegro, Pakistan, South Korea, Sierra Leone, United Arab Emirates and Venezuela were also elected Monday to three-year terms beginning Jan. 1, 2013.

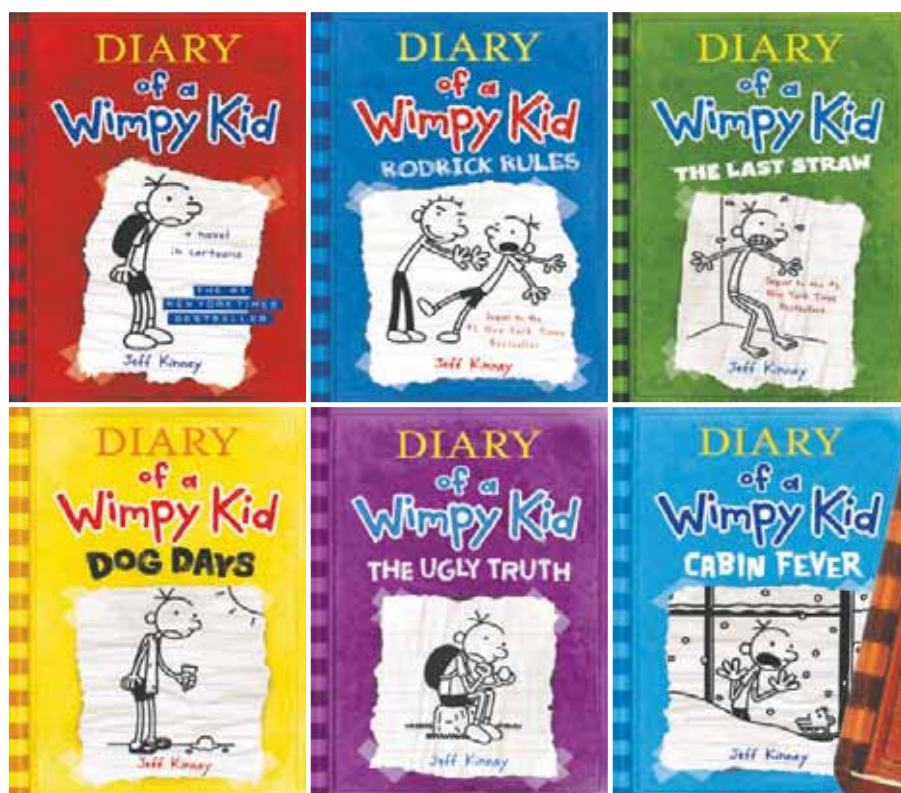
Former U.S. president George W. Bush's administration boycotted the council when it was established in 2006 because of its repeated criticism of Israel and its refusal to cite flagrant rights abuses in Sudan and elsewhere. But in 2009, then newly elected President Barack Obama sought to join the council. THE ASSOCIATED PRESS



# A Very Wimpy Christmas

## NOW \$12 each

(Reg. \$16.95)



AVAILABLE  
TODAY!



For ages 8 and up; Relatable, LOL funny  
and sure to satisfy the pickiest readers.

# IndigoKids

Indigo Chapters [indigokids.com](http://indigokids.com)

[f](#) [t](#) [p](#) /chaptersindigo

★ ★ ★ **FREE GIFT WRAP** on all kids purchases in-store and online. ★ ★ ★

Available on kids items in-store. Minimum spend of \$59 required online. Some restrictions apply. ©Indigo Books & Music Inc.



## Measure B. Porn stars still working 'au naturel' in wake of condom vote

The show must go on, is the entertainer's credo, and it did just that in the U.S. Porn Capital even after Los Angeles County voted to require performers to use condoms when filming sex scenes.

One of the industry's biggest stars, James Deen, reported for work, condom-free as usual, just hours after voters adopted the new law.

During a break in the action Thursday, however, Deen raised the same questions on the mind of everyone in LA's billion-dollar-plus porn industry: Can a planned court challenge get the new law tossed out before it is even implemented? Or, perhaps

## Ikea

## Swedish retailer accused of benefiting from forced labour

Swedish furniture giant Ikea will release a report this week addressing claims it benefited from forced



## Industry fears losses



**“The last time we attempted to go all-condom, our industry lost sales by over 30 per cent.”**

this time next year, will he be making films like *Atomic Vixens* in some place like Las Vegas or Florida?

The law, listed as Measure B, was passed by 56 per cent of voters. **THE ASSOCIATED PRESS**

labour in communist East Germany, the company and victims groups said Monday.

The report by auditors Ernst & Young looks into allegations that Ikea used East German suppliers who employed prisoners — some of whom were political dissidents — to manufacture goods from the 1960s to 80s. **THE ASSOCIATED PRESS**

# Decorated Indian sprinter charged with partner rape

**XY intersex.** While Pinki Pramanik, 26, competed for India as a woman, gender tests confirm she's a man

A runner who won medals for India while competing as a woman was charged with rape on Monday after a gender test indicated she is actually a man, according to media reports.

Pinki Pramanik, 26, became a national star after rising from childhood poverty to win gold while anchoring India's 400-metre relay team at the 2006 Asian Games.

### One of the charges

**“Cohabitation caused by a man deceitfully inducing belief of a lawful marriage.”**

The wording on one of the charges faced by Pinki Pramanik

Pramanik won a silver medal at Sydney's Commonwealth Games the same year.

Pramanik became mired in controversy in June after the retired runner's live-in girlfriend accused Pramanik of being a man masquerading as a woman and of raping her.

Pramanik denies all the charges. On Monday, Agence-France Presse reported that the police had charged Pramanik with rape after a medical board set up to determine Pramanik's gender concluded she is a man.

She has also been charged with impersonation, cheating, assault and intimidation. The medics said Pramanik is a "male pseudohermaphrodite," a condition normally called XY intersex. It means the chromosomal sex and internal sex organs indicate the person is male, while external genitals appear female or are ambiguous.

Pramanik retired in 2008, disappearing from the public eye and buying a house in the eastern city of Kolkata.

TORSTAR NEWS SERVICE



**Indian police on Monday charged Pinki Pramanik, an gold-medal-winning international athlete, with raping her former partner.** AFP/GETTYIMAGES FILE



A funny thing happens  
when you tell kids they matter.  
They believe you.

An alarming 40,000 kids drop out of high school every year. Boys and Girls Clubs of Canada are committed to changing that. They provide a safe and supportive place where kids can develop confidence and life skills. They offer programs like *Rogers Raising the Grade*™ to help kids with their studies. The Club is a place where kids can drop in, so they're less likely to drop out.

**ROGERS**  
Youth Fund™

Proud supporter of

Boys & Girls Clubs  
of Calgary

With education, anything's possible.™

rogersyouthfund.com





# Puppeteer accused of underage relations

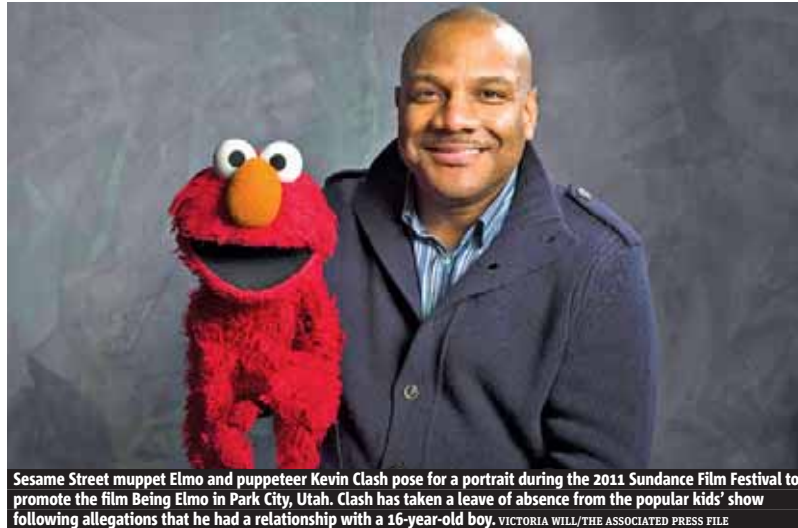
**Elmo.** Allegations were unsubstantiated, but Clash is taking a leave of absence from Sesame Street

The puppeteer who performs as Elmo on Sesame Street is taking a leave of absence from the iconic kids' show in the wake of allegations that he had a relationship with a 16-year-old boy.

Puppeteer Kevin Clash, 52, has denied the charges, which, according to Sesame Workshop, were first made in June by the accuser, who by then was 23.

"We took the allegation very seriously and took immediate action," Sesame Workshop said in a statement issued Monday. "We met with the accuser twice and had repeated communications with him. We met with Kevin, who denied the accusation."

The organization described the relationship as "unrelated



Sesame Street muppet Elmo and puppeteer Kevin Clash pose for a portrait during the 2011 Sundance Film Festival to promote the film *Being Elmo in Park City, Utah*. Clash has taken a leave of absence from the popular kids' show following allegations that he had a relationship with a 16-year-old boy. VICTORIA WILL/THE ASSOCIATED PRESS FILE

to the workplace." Its investigation found the allegation of underage conduct to be unsubstantiated. But it said Clash exercised "poor judgment" and was disciplined

for violating company policy regarding Internet usage. It offered no details.

"I had a relationship with the accuser," Clash said in a statement of his own. "It

was between two consenting adults and I am deeply saddened that he is trying to characterize it as something other than what it was."

THE ASSOCIATED PRESS

## Legalizing pot. Latin American leaders call for review of U.S. policy

Two U.S. state decisions to legalize marijuana will have implications for international efforts to quash drug smuggling, four Latin American leaders declared on Monday.

Mexico, Belize, Honduras and Costa Rica called for the Organization of American States to study the impact of the votes in Colorado and Washington, and said the United Nations' General Assembly should hold a special session on the prohibition of drugs by 2015 at the latest.

Marijuana legalization by U.S. state governments is "a paradigm change on the part of those entities in respect

### Drug trafficking

Mexico is one of the primary suppliers of marijuana to the U.S., while Honduras and Belize are important stops on the northward passage of cocaine from South America.

to the current international system," Mexican President Felipe Calderon said.

Mexico has seen tens of thousands of people killed over the last six years as part of a militarized government attempt to destroy the country's drug cartels. THE ASSOCIATED PRESS

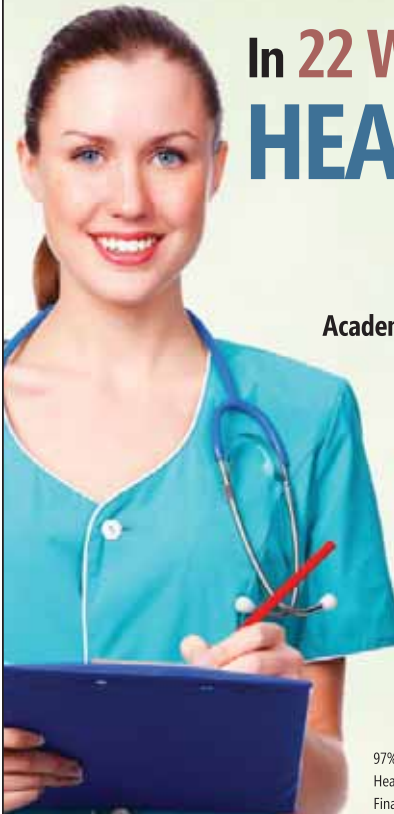
### Act of vengeance

## New IRA claims responsibility for first killing

A new Irish Republican Army faction in Northern Ireland claimed responsibility Monday for its first killing and defended the bloodshed as a necessary

act of vengeance.

The group, a merger of factions that brands itself as simply the IRA, said in a statement to the Irish News in Belfast its members shot to death David Black this month because he worked as a guard at Northern Ireland's top-security Maghaberry prison. About 40 members of IRA factions are imprisoned there. THE ASSOCIATED PRESS



**In 22 Weeks YOU can be a HEALTH CARE AIDE**

**Academy of Learning HCA program offers:**

- Planning for a Successful Career Seminar
- Job Search and Resume Writing Course
- First Aid / WHMIS
- 3 On-Site Clinical Practicums
- No Waiting List
- Scrubs are provided

Curriculum developed by  
**Alberta**  
GOVERNMENT OF ALBERTA  
HEALTH AND WELLNESS

97% of Academy of Learning graduates have found rewarding careers in Healthcare, Business, Information Technology, Hospitality, Legal and more! Financial Assistance may be available to those who qualify.

**Call Today, START TRAINING Right Away!**

**Academy OF LEARNING CAREER COLLEGE**  
www.academyoflearning.ab.ca

Calgary Northeast (403) 569-8973  
#260, 495 - 36th Street NE  
Calgary South (403) 252-8973  
#220, 8228 Macleod Trail South

**A unified accounting profession.**  
How does this affect your path to the new designation?

**CMA Alberta and CGA Alberta** are moving forward with unification of the two organizations as part of the national accounting unification framework.

Find out more at our information sessions.

**RSVP**  
yourpath@cma-alberta.com  
or  
Call 1.877.CMA.2000

**Location**  
CMA Alberta Training Centre  
300, 1210-8th Street SW  
Calgary AB

**Date**  
November 15, 2012

**Time**  
12:00 pm - 1:00 pm  
or 5:30 pm - 6:30 pm

**Unable to attend in person?**  
Join the online session on November 20, 2012.

A unified accounting profession  
**CMA one CGA**





Call the world from your mobile phone  
at our guaranteed lowest rates

**India**  
1000 Minute bundle  
only \$10/month



**1¢**  
/minute

**Unlimited Canada**  
Unlimited calling to  
anywhere in Canada



**\$5**  
/month

 Cuba 89¢	 Croatia 2¢	 Bangladesh 3¢	 Mexico 1¢	 Venezuela 1¢	 UAE 14¢	 Israel 1¢
 Philippines 10¢	 Kazakhstan 4¢	 India 1¢	 Brazil 3¢	 Ukraine 8¢	 Vietnam 3¢	 Iran 4¢



Limited time offer

**\$25 FREE**

To call anywhere in the world  
• No commitments • No contracts

Download our Comwave  
Mobile App  
**3 Days Free Trial**



BlackBerry  
App World.

**1-866-769-9603**  
[www.comwave.net](http://www.comwave.net)

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Lifetime Rate Guarantee is based on competitors lowest advertised rate for the service. Comwave will not rate match against charity or internet services, landline minute plans or prepaid calling cards due to their inaccurate billing criteria. \$25 free per month is applied \$5 per month for 5 months. No minimum usage required. Calls to Overseas Mobile Phones may be billed at a higher rate. Unlimited usage is governed by our Fair Usage policy to prevent abuse available at [www.comwave.net/terms](http://www.comwave.net/terms).





## A home phone line for the holidays... Absolutely FREE!

- ☒ All Features FREE    ☒ Keep your existing number



### Unlimited Local

- ✓ Unlimited local calling  
✓ 14 free features

**\$14<sup>95</sup>**  
/month

### Unlimited Canada

- ✓ Unlimited Canada calling  
✓ 14 free features

**\$19<sup>95</sup>**  
/month

### Unlimited Global

- ✓ Unlimited calling to almost 60 countries  
✓ 14 free features

**\$29<sup>95</sup>**  
/month

Limited time offer

# 6 Months FREE

Your Satisfaction is Guaranteed or You Pay Nothing!



# 1-866-769-9603

[www.comwave.net](http://www.comwave.net)

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. The 6 Month Free Promotion is based on a 30% term and includes a 30-Day Satisfaction Guaranteed period. If you are not 100% completely satisfied, you may terminate the service anytime within the Satisfaction-Guaranteed Period with no further obligation. If you transfer your existing phone number from your current provider to Comwave within the first 30 days, you will receive an additional 2 months free for a total of 6 months free. HOME PHONE LINES VAP-511 has certain limitations versus traditional VLT. All Unlimited Plans do not include calls to the Yukon, Nunavut, N.W.T., Alaska and Hawaii. Unlimited usage is governed by our Fair Usage policy to prevent abuse available at [www.comwave.net/terms](http://www.comwave.net/terms).



# Argentina issues ultimatum over seized sailing ship

**Ghana.** Ship held over decade-old bad debt

Argentina will ask the International Sea Tribunal to order the release of a seized navy sailing ship in Ghana, the South American government said on Monday.

The ARA Libertad training ship was seized on Oct. 2 in the port of Tema as collateral for unpaid bonds dating from Argentina's economic crisis a decade ago. Foreign Minister Hector Timerman said if Ghana does not free the vessel by Tuesday, Argentina will appeal before the tribunal in Hamburg, Germany.

"The legal representatives of the Foreign Ministry are already in that city to begin the legal actions," Timerman said in a press conference.

Argentina had warned



The ARA Libertad was ordered seized last month. THE ASSOCIATED PRESS/FILE

Ghana that it would take the issue to the arbitration court late last month following a United Nations convention on the rights of the sea, Timerman said. It also asked the African country to immediately restore power and water services to the vessel.

Ghanaian port authorities shut off the water and electricity to the ship last week when Argentina refused to let

it be moved to a less-busy part of the port. Argentina's sailors pulled out rifles to prevent Ghanaian officials from boarding the vessel to move it.

"(Ghana officials) put a halt to this action and the calm has returned," Defence Minister Arturo Puricelli told reporters at the press conference. "But power and water services have not been restored."

Ghanaian Justice Richard Agyei-Frimpong ruled last week that the vessel should be moved because it is keeping other ships from berthing. Port officials say the port is losing tens of thousands of dollars per day in berthing fees.

The court ordered it held at port due to a court order in New York for Argentina to pay \$1.3 billion to a group of investors in the country's defaulted debt.

THE ASSOCIATED PRESS



## Man dragged away from pro-Tibetan protest

Indian police officers detain a Tibetan Youth Congress (TYC) supporter as he protests outside the Chinese Embassy in New Delhi on Monday. TYC supporters shouted anti-Chinese government slogans outside the embassy to show support for Tibetans inside China who have set themselves on fire in protest against the Chinese government. SAURABH DAS/THE ASSOCIATED PRESS



## CONTINUING EDUCATION INFO NIGHT

Advance your career with business and technical programs with Continuing Education at SAIT Polytechnic. We offer evening, weekend, distance and Fast-Track programs taught by industry experienced instructors. Whether you're looking to enhance existing skills or change careers, getting access to the training you need has never been easier.

### FIND OUT MORE:

Continuing Education Info Night  
Tuesday, November 27, 4:30 pm - 7:30 pm,  
Atrium, Stan Grad Centre, main campus.

Visit [SAIT.CA](http://SAIT.CA) for information on our career development and professional courses.

BUSINESS • TECHNOLOGY • TRADES

FURTHER  
YOUR  
PASSION



### Cattle thefts

## Bandits ambush Kenyan police, kill 34 officers

Suspected cattle thieves hid on a high hill and ambushed and killed at least 34 police officers pursuing them over the weekend in northwestern Kenya, a gruesome and powerful attack on government security forces that an official said Monday highlights the need for more reforms in the police force.

The police were killed over the weekend after being

ambushed by bandits from the Turkana region who are suspected to have stolen another tribe's cattle.

The weekend slaughter — and the high-powered guns the tribesmen apparently used in the attack — raises concerns that Kenyan officials will not be able to stop violence if it breaks out during the country's next presidential election in March.

Since Friday Kenya has been holding public interviews to select an official for the newly formed position of the Inspector General, as part of police reforms introduced by a new constitution that Kenya

adopted in 2010.

The Kenya National Commission on Human Rights said the government needs to invest in better training and equipment for police.

"At a time when the country is gearing up for elections, security is one of the most paramount factors that must be guarded and respected for law and order to prevail," it said.

"It is therefore worrying that such episodes will undermine public confidence in the security sector as the country awaits the appointment of the Inspector General of Police."

THE ASSOCIATED PRESS



COLLEGE

your FUTURE starts here...

GET JOB READY  
FAST!  
Enroll Now.



Business Admin

Health Care Aide

Medical Office Asst.

Massage Therapy

Business Admin

Accounting & Payroll

- ✓ We offer accredited programs, Alberta Government approved
- ✓ Flexible class schedules: Mornings, Afternoons, Evenings and Weekends

403.719.4300 | 3516 26 Street NE, Calgary AB (Opp. Greenwood Inn) | [www.abmcollege.com](http://www.abmcollege.com)





# Manure assault on royals sniffed out by cops

**Royal visit.** New Zealander charged with planning horse manure assault on Prince Charles, wife

Police say they caught a New Zealander man before he had a chance to throw a bucket of horse manure over Prince Charles and his wife, Camilla, during a royal visit to the Pacific nation.

Castislaw "Sam" Bacanov, 76, pleaded not guilty in an Auckland court Tuesday to planning a crime in a public place. He has agreed under his bail conditions to keep at least 500 metres from the

royal couple.

The Prince of Wales and the Duchess of Cornwall are on a six-day tour of New Zealand, the last leg of their Pacific tour marking Queen Elizabeth II's 60th Jubilee.

Police spokeswoman Norreen Hegarty said officers arrested Bacanov, a known anti-royalist, on Monday near a downtown Auckland venue where Charles and Camilla were due to appear. She said the royal couple had not yet arrived at the outdoor venue and were never in any danger.

Hegarty said officers were making sure the area was safe when they noticed the man with the bucket. Bacanov is due to appear in court again on Nov. 27. **THE ASSOCIATED PRESS**



Britain's Prince Charles greets well-wishers on Queen Street in Auckland, New Zealand, on Monday. Police say they caught a New Zealand man before he could throw a bucket of horse manure over Charles and his wife, Camilla. ROSS SETFORD/THE ASSOCIATED PRESS

**‘THIS IS WHERE I WORK.  
IT’S TIME TO PLAN OUR FUTURE.’**

## YOU HAVE A ROLE. JOIN THE CONVERSATION.

The South Saskatchewan Regional Plan will focus on ensuring this region remains strong and vibrant. Your input will help shape this plan. Attend a session in your community and share your input. Because it's your land, your plan, your future. Provide input today by visiting [landuse.alberta.ca](http://landuse.alberta.ca) or calling toll-free 310-4455.



## Oman. Tim Hortons opens 20th Gulf-state restaurant

Oman has its first Tim Hortons restaurant as the iconic Canadian chain expands operations in the Persian Gulf states.

The Oman restaurant is the 20th Tim Hortons to open in the region since the chain signed a master licence agreement with the Apparel Group last year. The agreement calls for up to 120 multi-format stores to be opened in the United Arab Emirates, Qatar, Bahrain, Kuwait and Oman over a five-year period.

"We're thrilled that the Apparel Group has reached the milestone of 20 restaurants in the GCC (Gulf Co-operation Council), since opening the first location in Dubai in September

### By the numbers

# 4,100

Tim Hortons has more than 4,100 restaurants, including more than 3,300 in Canada.

of 2011," said David Roy, Tim Hortons' managing director of international operations.

Using a targeted approach to explore international opportunities is part of the company's strategic plan. "The company will continue to focus on expansion in existing GCC markets, focusing next on Qatar," it said. **THE CANADIAN PRESS**

Language Training  
Cross Cultural Training  
Berlitz Kids and Berlitz Jr.

**Berlitz**

A Global Education Company

(403) 265-3850

www.berlitz.ca

## GOOD NEWS TODAY

Lord, free me from any bitterness or anger that lies within my heart. Teach me to forgive willingly, generously and completely, just as you have forgiven me in Jesus name.

*(Forgive us our sins, as we have forgiven those who sin against us. Matthew 6:12)*

GOODNEWTODAY.CA

**Want your high school diploma?  
Struggling to balance school and work?  
We can help!**

- Flexible hours
- Work at your own pace
- Accepting students 15-19

Calgary Board  
of Education

Westbrook Outreach  
#3, 1002 - 37 St. SW  
(403) 777-8020

### Market Minute



**DOLLAR**  
100.04¢  
(+0.17¢)

Figure reflects currency's value on international markets in mid-afternoon trading. The Canadian dollar did not trade in Canada Monday as banks were closed for Remembrance Day.



**TSX**  
12,191.46 (-5.34)



**OIL**  
\$85.57 US (-50¢)



**GOLD**  
\$1,730.90 US

**Natural gas:** \$3.57 (+6.7¢)  
**Dow Jones:** 12,815.16 (-0.23)

### BB10 devices

## RIM to unveil new BlackBerry Jan. 30

Research In Motion made another step towards the release of its new BlackBerry smartphones on Monday, announcing that it plans to unveil the devices and its new operating system on Jan. 30.

The launch date provides a little more certainty for those who were skeptical that another BlackBerry would ever see the light of day, but it still doesn't confirm when customers will be able to buy the new touchscreen and keypad versions at stores. "We're not going to talk about availability yet," said RIM spokeswoman Crystal Roberts.

**THE CANADIAN PRESS**



Terry Leon, president and CEO of Leon's, chats with Vi Konkle, president and CEO of The Brick, after a news conference in Toronto on Monday. CHRIS YOUNG/THE CANADIAN PRESS

# Brick acquisition will help Leon's keep lid on costs

**Retailing.** Companies plan to flex their joined purchasing power

A combined Leon's and The Brick should be able to enhance their competitiveness in an increasingly gritty retail environment even though both banners will continue to fly separately, the companies and analysts said Monday.

The friendly purchase of Edmonton-based The Brick by Toronto-based Leon's for \$700 million has less to do with direct competition posed by giant American retailers such as Target or Wal-Mart, they said, than with the need to keep a lid on costs.

"What's most in the fore-

front of our minds is: The economy is difficult, generally it's not growing, and if it is growing, it's growing very slowly," said Terry Leon, CEO of Leon's who will head up the combined entity. "So the best way to grow and to expand is to, if you can, make a purchase that makes sense."

The Canadian retail landscape has been shifting in recent years as more American chains in search of growth opportunities make their way north, which has increased competition in retail segments, including furniture.

As well, many Canadian retailers from Loblaw to Canadian Tire have moved to compete by diversifying their offerings, including through furniture sales, to become more of a one-stop shop ex-

perience for consumers.

The companies said they had no plans to close any stores or lay off any employees. Rather, they said, they would try to become more competitive initially by flexing their combined purchasing muscles and by joining distribution channels.

Ken Wong, with the Queen's School of Business, said the blurring of retail boundaries is having a profound impact on the landscape that goes well beyond new U.S. competition.

"It's not just about American versus Canadian — it's about getting costs down," Wong said. "Whoever has the lowest cost wins, provided they know what to do with those low costs."

**THE CANADIAN PRESS**



## Spanish banks freeze mortgage evictions

Mortgage Victims Platform member Marta Uriarte, centre, who has stopped the auction of her home three times, speaks outside Caja Madrid's main office on Monday in Madrid, Spain. Spain's banks announced that for the next two years they will suspend mortgage-related evictions of the most vulnerable people. There have been around 350,000 house evictions since Spain's property market crashed in 2008. PABLO BLAZQUEZ DOMINGUEZ/GETTY IMAGES

Sales Training Programs.

The Sandler Selling System®.

**YOU SHOULDN'T HAVE TO SETTLE FOR A LEMON WHEN YOU CAN HAVE LEMONADE.**

Hamish Knox, Sandler Training  
403-457-1507 • www.hamish.sandler.com

Sandler Training  
Finding Power In Reinforcement

© 2012 Sandler Systems, Inc. All rights reserved. Sandler Training Finding Power In Reinforcement (with design), Sandler Selling System and Sandler Training are registered service marks of Sandler Systems, Inc.

WATER SOLUTIONS

SOFTEN YOUR WATER!

**WATER SOFTENERS**

✓ Rent from \$27.95/mo  
✓ Buy from \$995 Installed

we accept

**403.569.8932**  
**2835 23 STREET NE**  
**JUGFREE.COM**

IRON FILTERS • WATER COOLERS • WATER SOFTENER • WELL WATER • BOTTLED WATER DELIVERY • REVERSE OSMOSIS



# I'LL CRY IF I WANT TO



**SHE SAYS...**  
Jessica Napier  
metronews.ca

Wherever I am in the city, I am never more than five blocks away from somewhere I have cried.

As a non-hermit kind of person who happens to have a lot of feelings at inconvenient times, I am no stranger to the public meltdown. And I'm not just talking about socially acceptable places like during a funeral or in a darkened movie theatre; I mean everywhere.

I have welled up on crowded buses during rush hour, sobbed in department-store fitting rooms, bawled uncontrollably over dinner at fancy restaurants, and let myself go in plenty of other very public locales.

## A sob story

I can usually will myself to get it together after a couple of minutes but I'm always left feeling a little uncomfortable after inviting strangers to witness my personal suffering.

I have always been a crier. Tearing up is my go-to response mechanism for an array of feelings — sadness, joy, heartbreak and anger all lead to waterworks. There is never a particularly good time to cry, but doing it in public is always embarrassing.

I can usually will myself to get it together after a couple of minutes but I'm always left feeling a little uncomfortable after inviting

strangers to witness my personal suffering.

I suppose it would be OK if I were an attractive weeper. Back when The Hills was must-see TV, I watched Lauren Conrad in awe as she gracefully mastered the perfect single tear.

Unfortunately, my sob sessions leave me looking like a blubbering mess with swollen red eyes and a gruesome mixture of mascara and snot streaming down my face.

I've always thought of my tendency to burst into tears as a sign of weakness. I felt as though I was exhibiting a complete lack of self control every time I lost it during a sentimental reality-show moment or when I missed the bus by seven seconds.

But as our communication channels evolve and our real emotions become increasingly replaced with cartoon-like emoticons, I've come to realize that crying is actually an incredible embodiment of our own mood.

It doesn't get more real than being so overwhelmed with emotion that you find yourself breaking down in the washroom at the office or sobbing quietly in a Starbucks lineup.

Passionate feelings can be untimely and awkward, but we shouldn't challenge ourselves to suppress them.

In fact, we should be embracing our volatile moods.

Crying in public means you're actually having a real emotional experience in the three-dimensional world; not just LOLing at another YouTube clip on your iPhone.

After all, if the most powerful man in America can shed a few tears of joy after being re-elected, then we should recognize that there's no shame in breaking down in front of one another.

Follow Jessica Napier on  
Twitter @MetroSheSays



Bad hair day got you feeling frazzled? Don't worry — cry about it. iSTOCK

# It's a snake on a plain



FRANCO BANFI/SOLENT

## Wildlife photography

### Diver takes risk to see anaconda

A brave diver gets up close to a huge anaconda snake after it gobbled up its prey.

Underwater photographer Franco Banfi, 54, ventured close enough to touch the scary, lengthy beast as it lay in the sun.

Thankfully, its swollen belly shows it has recently eaten a capybara rodent and will have little interest in feeding again for a while. **METRO**

## In movies and reality

### Monstrously big, but lazy, sluggish

Anaconda, the 1997 adventure-horror movie starring Jennifer Lopez and Jon Voight, depicts the bulky reptile as a monstrous beast that targets humans.

In truth, anacondas are non-venomous and tend to move in a rather sluggish manner.

"As humans, we tend to judge animals, we look above them. It's easier to label them as dangerous than anything else," Banfi said. **METRO**

## Brazilian region

### Translates to 'thick forest of the south'

Banfi saw six different female anaconda snakes on his 10-day trip to the Mato Grosso do Sul region in southern Brazil, right in the heart of South America.

The region, whose name literally means "thick forest of the south," is known for its diverse natural beauty.

"Normally, these snakes bathe in mud, so we were lucky to get the photos in the end," says Banfi.

**METRO**

## Anaconda's size

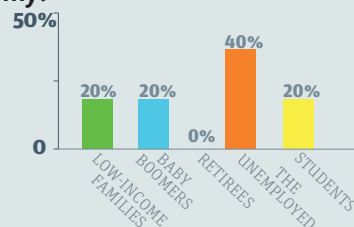
8

metres and 200 kilograms is the approximate length and weight of this anaconda specimen. Due to its massive size, the anaconda feeds on a range of prey from large rodents, such as capybaras, pigs, caiman crocodiles and even jaguars.



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

## Who is hit the worst in this post-recession economy?



## Twitter

### @SammyJohanna:

I enjoy winter in #yyc because it gives me an excuse to wear Uggs for 7 months straight.

"Michelle." It is really nice. I have no idea where it comes from. #yyc

### @jaydorn:

Apparently some jacka-- stole our wiper blades and stuck his crappy ones on our car. Who does that? #yyc

### @smlevans:

Selling a #Vancouver Todd Bertuzzi jersey is harder than I thought #44 #yyc #flames #canucks #yvr

### @robertstrachan:

The ominous organ that I hear daily is playing a Beatles song.

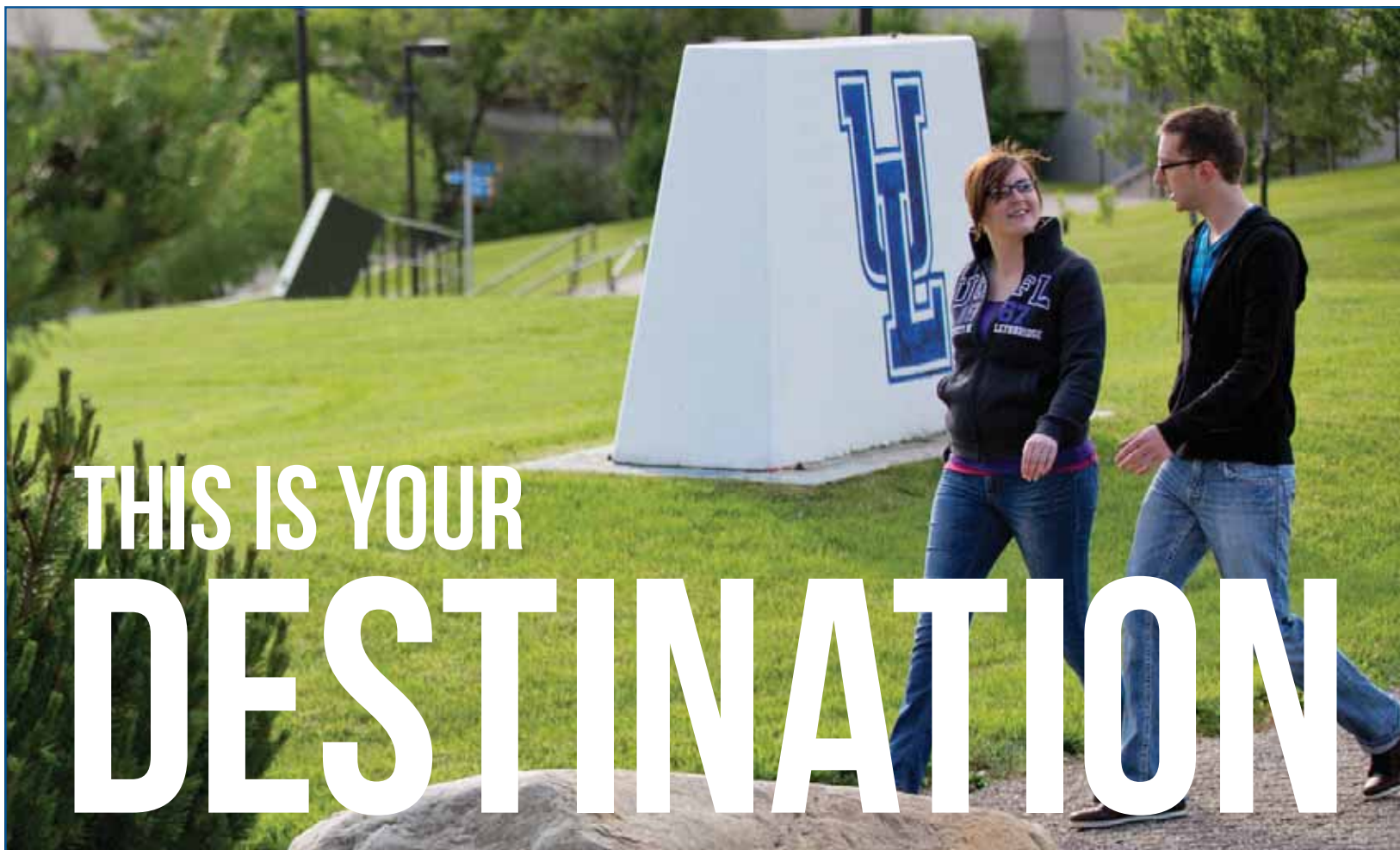
### @jpb Barclay:

I wish #yyc traffic was this good everyday. #workingstiff



President Bill McDonald • Vice-President & Group Publisher, Metro Western Canada Steve Shroot • Editor-in-Chief Charlotte Empey • Deputy Editor Fernando Carneiro • National Deputy Editor, Digital Quin Parker • Managing Editor, Calgary Darren Krause • Managing Editor, News & Business Amber Shortt • Managing Editor, Life & Entertainment Dean Lisk • Vice-President, Sales Quin Millar • Sales Manager Blaine Schlechter • Distribution Manager David Mak • Vice-President, Business Ventures Tracy Day • Vice-President, Creative Jeff Smith • Vice-President, Marketing & Interactive Jodi Brown • Vice-President, Finance Phil Jameson • METRO CALGARY Unit 120, 3030 - 3 Avenue NE, Calgary, AB T2A 6T7 • Telephone: 403-444-0136 • Fax: 403-539-4940 • Advertising: 403-444-0136 • [adinfo@calgary.mtnews.ca](mailto:adinfo@calgary.mtnews.ca) • Distribution: [calgary\\_distribution@metronews.ca](mailto:calgary_distribution@metronews.ca) • News tips: [calgary@metronews.ca](mailto:calgary@metronews.ca) • Letters to the Editor: [calgaryletters@metronews.ca](mailto:calgaryletters@metronews.ca)





# THIS IS YOUR DESTINATION

## CALGARY INFORMATION EVENING

**NOVEMBER 13TH | 7 P.M.**

Glenmore Inn and Convention Centre  
2720 Glenmore Trail SE

- Learn about the more than 150 program-major options available at the University of Lethbridge
- Find out about international exchanges, internships, and co-operative education
- Explore the Booth Fair where you will learn about many of the opportunities and services available at the U of L

**> DISCOVER.**[ulethbridge.ca/cie](https://discover.ulethbridge.ca/cie)

**Alberta's Destination University.** Make it yours.

University of  
Lethbridge



# Biography looks at Boss's family, his music and his drive for fame

**Bruce.** Author balances inner fan boy with unveiling Springsteen's imperfections

**PAT HEALY**  
scene@metronews.ca

When Peter Ames Carlin learned that Bruce Springsteen was willing to sit down with him for the Boss biography that he was writing, the author had to keep himself in check.

Yes, this was the first time that Springsteen would be cooperating with a biographer in 25 years, and yes, this was the man who had helped inform his world vision, but Carlin had a warts-and-all book to write.

"The fan boy in me had been locked in a cage long before I got to meet Bruce," says the author. "When I met him, it was super-intense, but for me, the thing that mattered at that point was that I was working on this book and this could conceivably be the difference between it being an extraordinary book and being another book about Bruce Springsteen."

The book, simply titled *Bruce*, does, arguably, achieve the distinction that he was hoping for.

Through intimate interviews with family members and band members past and present, Carlin unearths previously unpublished anecdotes about his subject's childhood (as a little kid, Springsteen kept the same nocturnal rock star hours he does now), about his early rocking years (one of Springsteen's bands honoured a commitment at a small New Jersey club rather than accepting an invitation to play Woodstock in 1969) and his family struggles with mental illness.

"A big part of how this

book advances the story is being very up front about how his dad was manic depressive. He had a serious untreated mental illness for his entire adult life," says Carlin. "We were talking later about depression or something and I said to him, 'Bruce, you said something to me that made me wonder, and it seemed like you were telling me that you take antidepressants. Am I correct?' and he said, 'Yeah.' And I said, 'How would you feel about me putting that in the book?' and he was silent for a second and then he said, 'Yeah, that's OK.'"

The man that emerges from the 474 pages of *Bruce* is alternately a controlling boyfriend, a driven bandleader, a junk food junkie and an artist who is constantly challenging himself.

"He works really hard at being a good man and doesn't always live up to his own expectations of himself," says Carlin. "It felt very important to me to report stories I had heard about him being a dick. And I watched him have a temper tantrum on stage, at a soundcheck, furious at a guy who wasn't even at work yet."

Even though Carlin unveils these imperfections and his inner fan boy is securely locked up throughout the narrative, he says his respect for Springsteen's artistic vision is unwavering.

"He's so smart, so sensitive and so unafraid to dive into the darkness and mourn the horrors of the world, but also maintains that belief in possibility," he says.

Carlin was not the only one who learned a lot about Bruce Springsteen during this three-year writing process.

"He told me later, after he read the book, that part of what he valued about it was that he was reminded of how special the people in his life were," says Carlin.



Bruce Springsteen performs at the 6th Annual Stand Up For Heroes benefit concert for injured service members and veterans Nov. 8, in New York. CHARLES SYKES/INVISION/THE ASSOCIATED PRESS

## Keep pushin' 'til it's understood

Photographer Eric Meola, best known for capturing Springsteen and late E Street Band sax legend Clarence Clemons on the iconic cover of *Born to Run*, has also recently released a new book on the

Boss.

The book, *Streets of Fire: Bruce Springsteen in Photographs and Lyrics 1977-1979* is another rare glimpse of an artist who is constantly evolving.

Many of the shots were taken at the sparsely decorated farmhouse Springsteen rented after *Born to Run* made him a star. The shots almost look like demo versions of the cover of *Darkness*

on the *Edge of Town*, which came out in 1978.

"Every time we would get together, we would end up doing something very different from the time before," says Meola. "He would stand in attic alcoves with light coming in and creating beautiful shadows and I started to realize that the emptiness of the house reflected a lot of the loneliness and despair that was going on in the music."

2 SCENE



COMING FALL 2012  
SAWYER SILVERADO.

Start a new beginning at Sawyer Silverado. 650-1,000 square foot 1 & 2 bedroom condos in Calgary's greatest SW community.

LEARN MORE. REGISTER TODAY AT  
[AVIURBAN.COM/SAWYER](http://AVIURBAN.COM/SAWYER)

AVIurban

A MULTIFAMILY DIVISION OF





# WIN CASH EVERY DAY OF THE YEAR!

Now in Alberta! **Heart & Stroke calendar lottery** **WIN \$3,000 EVERY DAY**

## Get your ticket to win daily.

For only \$25, don't miss your chance to win daily cash prizes every day of the year starting January 1st, 2013. You can win again, and again and again. Buy your ticket today!



**THE PERFECT GIFT FOR EVERYONE.**

**ORDER BY NOV. 29TH FOR HOLIDAY DELIVERY!**

Give the chance to WIN this holiday season. Buy for family, friends, colleagues or teachers – it's the perfect gift that keeps giving every day of the year.

**\$25 EACH**

**BUY 3 FOR \$70**

**BUY 6 FOR \$125**



**Buy now.**

**\$25 EACH  
3 FOR \$70  
6 FOR \$125**

**1-855-478-4382 Ext. 800  
Calgary 403-920-3645 Ext. 800  
Edmonton 780-822-2430 Ext. 800**  
Order today at [www.heartandstroke.ab.ca/calendar](http://www.heartandstroke.ab.ca/calendar)

**EVERY CALENDAR SUPPORTS LIFE-GIVING HEART AND STROKE FOUNDATION RESEARCH.**



Please visit [www.heartandstroke.ab.ca/calendar](http://www.heartandstroke.ab.ca/calendar) or call 1-855-478-4382 for complete rules of play. Tickets may be sold and purchased only in Alberta. Ticket purchasers must be 18 years of age or older. Calendar Lottery Tickets are \$25 each (81,347 Calendar Lottery Tickets available at this price), 3-packs for \$70 each (40,051 3-packs for a total of 120,153 Calendar Lottery Tickets available at this price) or 6-packs for \$125 each (32,250 6-packs for a total of 193,500 Calendar Lottery Tickets available at this price). The number of Calendar Lottery Tickets in each price category may change, however the total number of Calendar Lottery Tickets for sale, 395,000, will not. All draws will occur at Stride Management Corporation, 3950 – 12 Street NE, Calgary, Alberta T2E 8H9 on January 3rd, 2013. The Heart and Stroke Foundation of Alberta, NWT & Nunavut, Lottery Licence #: 330279.

™Heart&Stroke Calendar Lottery and Heart & Stroke Foundation are trademarks of the Heart and Stroke Foundation. © Bank of Canada – bank note images used and altered with permission.

## DVD review

### The Amazing Spider-Man

Director. Marc Webb

Stars. Andrew Garfield, Emma Stone

★★★★

It's impossible to watch director Marc Webb's *The Amazing Spider-Man* without recalling that there have already been three blockbuster Spider-Man movies, the ones made over the past decade by Sam Raimi.

Webb's reboot hits the same origin-story beats as

the first Raimi Spider-Man — missing parents, teen angst, radioactive spider bite, super Spidey powers and lizard foe. Some story threads are rearranged and there are a couple of newish characters, but it's really all the same tangled web.

Andrew Garfield makes a dandy Peter Parker, Spider-Man's teen alter ego, and an even better Spidey, being far closer to the smartass Marvel Comics original than Tobey Maguire's wan depiction in the Raimi series. And Garfield is well paired with Emma Stone, who plays Peter's first love, Gwen Stacy, with a smile that could melt steel.

As a visual experience, the film falls prey to memory. There are some good set pieces and the 3D is for once not obtrusive. But there's nothing terribly original, exciting or funny about it, and action scenes are not Webb's forte.

If you haven't seen the earlier blockbuster franchise or have forgotten it, you may enjoy this webslinger redux. For the rest of us, the movie should really be called *The Adequate Spider-Man*.

Extras include a commentary track, deleted scenes and making-of featurettes.

PETER HOWELL



Andrew Garfield plays Spidey in the *Spider-Man* reboot. HANDOUT

### Brave

Director. Mark Andrews, Brenda Chapman, Steve Purcell

Stars. Kelly Macdonald, Billy Connolly and Emma Thompson

★★★★

With a rebellious princess (voiced by Kelly Macdonald) as its lead character, *Brave* is a bold departure for Pixar. It's the toon titan's first feature with a female lead.

Sassy archer Merida is no damsel in distress. Far from it, her spirit is as bright as her

wild flaming red tresses, and her tongue is as sharp as her tips of her arrows.

Merida lives in the ancient kingdom of DunBroch, a place of towers and tartans Pixar renders magnificently. She lives with her father, King Fergus (Billy Connolly), and her mother, Queen Elinor (Emma Thompson).

Alas, everything is not storybook perfect in DunBroch: King Fergus lost a leg and gained a grudge in a battle with an ancient bear, and he has rival clans to contend with, all of whom have idiot sons they're eager to marry off to

Merida. She wants none of them.

*Brave* follows an entirely predictable trajectory — unusual for a Pixar film — but it's not without its amusements. The film's best moments are between Merida and her mother as they seek to settle their differences, both supernatural and natural.

Sometimes, the bravest thing of all is mending broken family ties.

Extras include *La Luna* theatrical short, director's commentary, extended scenes and making-of featurettes.

PETER HOWELL



Kelly Macdonald voices the role of a rebellious princess in *Brave*. HANDOUT



# WagJag.com

GET DEALS ON THE GO!



IPHONE APP



ANDROID APP

## 50-90% Off Local Daily Deals



Buy For:

# \$66

\$66 FOR A CHRISTMAS GIFT BOX  
CONTAINING 17 MAPLE PRODUCTS FROM  
JAKEMAN'S MAPLE FARM (A \$135 VALUE)

JAKEMAN'S MAPLE FARM

BUY FOR: \$19

62% OFF PERSONALIZED CHILDREN'S BOOKS  
PERSONALIZED BOOKS ONTARIO



MULTIPLE OPTIONS AVAILABLE

UP TO 70% OFF SWAROVSKI ELEMENTS JEWELLERY  
STARLITE ACCESSORIES



BUY FOR: \$29

84% OFF A WRAP BRACELET  
VICTORIA EMERSON



An Entrancing Journey through India in 16 Days  
Royal India Tour

**\$3290**

TAX INCLUDED

Buy before November 15, 2012

Follow us: [facebook.com/GoJaunt](https://www.facebook.com/GoJaunt)  
[@GoJaunt](https://twitter.com/GoJaunt)

• Price per person, based on double occupancy • Departure Date: 4/3/2013  
• Other departure dates available • Exclusively provided by Indus Travels  
All offers subject to availability & other conditions. Please visit [www.jaunt.ca](http://www.jaunt.ca) for details.



Fulfillment services provided by Jaunt.ca Inc.  
890 King Street West, Suite 400, Toronto, Ontario, M5V 1M3  
TICO Registration No.: 50020132

Visit: **WagJag.com**

Follow us:



[facebook.com/wagjag](https://www.facebook.com/wagjag)  
[@wagjag](https://twitter.com/wagjag)



# Go Home with One Direction

**New album.** U.K. act's followup to successful *Up All Night* is a mix of ballads and upbeat songs to get teenage hearts racing

One Direction's sophomore album, *Take Me Home*, comes one year after the group released its debut, *Up All Night*, in the United Kingdom.

The latter, which came out in America just eight months ago, has already sold 1.3 million units and is still in the top 25.

The wholesome-looking quintet has joined Justin Bieber in the affections of girls everywhere, with their puppy eyes, trendy haircuts and rather good voices.

And the boy band's new album delivers on the brief, vaguely catchy songs that

appeal to both the romantic and the wild side of teenage girls.

The record relies heavily on perky and melancholic guitars, and on romantic invitations like "I want to be your last first kiss" on *Last First Kiss*, which then veer into the leery *Tonight Let's Get Some* on the very honest and upbeat first single, *Live While We're Young*.

It's full of riffs that haven't been heard since the 1990s boy bands took their final bows.

*Take Me Home* is mainly produced by the same folks behind the group's debut, including Rami Yacoub, Carl Falk and Savan Kotecha.

English singer-songwriter Ed Sheeran returns, too, co-writing two ballads (*Little Things*, *Over Again*) that break up the overall upbeat peppiness of the disc with memorable choruses.

## Who's on board?

"English singer-songwriter Ed Sheeran returns too, co-writing two ballads (*Little Things* and *Over Again*) that break up the overall upbeat peppiness of the disc with memorable choruses."

The album feels relentless in rhythm, sometimes even during the ballads, with a homogenous sound and message — like a teenage boy who says all the right words in a rush to get what he wants.

But this time they're only singing the right words to get to your wallets and adoration. And they're most likely going to get it.

THE ASSOCIATED PRESS



One Direction's latest is called *Take Me Home*. THE ASSOCIATED PRESS



## Stylish urban architecture lives at Walden.

And so can you.

STARTING FROM THE MID

**\$400s**

INCLUDING LOT + GST



walden

VISIT OUR SALES CENTRE

56 & 60 Walden Terrace SE

403.984.9107

**Built for real life.**  
CARDELHOMES.COM

### Sales Centre Hours:

Mon – Thurs: 2 pm – 8 pm

Sat, Sun + Holidays: 12 pm – 5 pm

Closed Fridays

**CARDEL**  
HOMES

# A new day is dawning on Adrienne Palicki

**Red Dawn.** It's been a long road to the big screen for this actress — here she talks to Metro about politics and superheroes



**NED EHRBAR**  
Metro World News in Hollywood

After three years of waiting, Adrienne Palicki is finally seeing her remake of 1984's *Red Dawn* — delayed by the same MGM bankruptcy issues that delayed *Skyfall* — hit theatres. It's a sign that things are looking up for the actress after the end of *Friday Night Lights* and the failed launch of a new *Wonder Woman* TV series. With *Red Dawn* and next year's *G.I. Joe: Retaliation*, Palicki is definitely optimistic.

**Red Dawn has had a number of release dates.**

Thanksgivings for the last three years, yes. Pretty much.

**Did any of your friends or family stop believing you that it actually existed?**

You know what? I just stopped telling people I was in it. They



Adrienne Palicki says after her stint as *Wonder Woman* in the David E. Kelley pilot, she's jonesing for more superhero roles. Her film, *Red Dawn*, opens Nov. 21. HANDOUT

were like, "When's that movie coming out?" and I'd be like, "I don't know what you're talking about. No idea. I never did that movie."

**How is it to finally see it coming out?**

Sometimes I pinch myself. And now seeing posters places I'm like, "OK! See?" Every time I'm reminded or my friend will call and she's like, "I saw it in front of *Argo*!" I'm

like, "OK, it's happening." Because there were three years when it was going to happen and then it was not going to happen and then it was going to happen and then it was not going to happen. It's just nice. Thank God finally people can stop asking me when this movie's coming out.

**What did you think about the decision to change the villains from Chinese to North Korean**

**in post-production?** China was a cool thing. It was ballsy. It's big, and it's kind of like that's possible, you know? But I understand why they felt they had to do it. I don't know. I think the biggest part of this movie that needs to be remembered is that it's not necessarily as much a political movie as it is a movie to go and have fun and watch big explosions and car chases. Because it's very realistic. You know, six

kids coming and taking back the country. Happens all the time (laughs). Whether you want to look at it as a political movie or not, there are a lot of parallels between what's been happening overseas and what's been happening in this movie, you know? People coming in and saying, "We're going to now change your entire government because ours is better and we know better than yours. So take that!" I mean, there's a devastation to it, too, for people who live this every day.

**You starred in David E. Kelley's infamous *Wonder Woman* pilot. Are you still jonesing for another superhero part?**

Oh hell yeah. Always. And hell, I would like to play *Wonder Woman* again. They're making "the Justice League," so who knows. But I love playing superheroes. I grew up with comic books and my brother's a comic book writer and I've always loved them, so I really felt lucky to just even get the chance to be *Wonder Woman*, wear the outfit — to get paid to wear the outfit and not in like a weird porno way (laughs). It was cool. Not many people get to say they did this.

## What about real life?

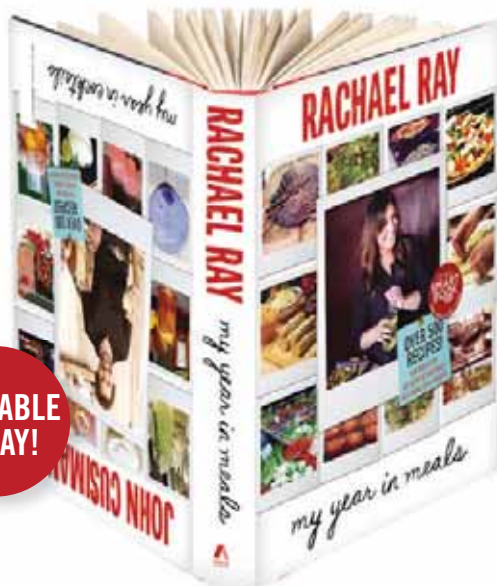
The young characters in *Red Dawn* face a daunting challenge when their suburban town is overrun by the North Korean military and they must take up arms to defend it. But how would the actors behind the characters fare in such a life-or-death situation? Star Adrienne Palicki is confident that Hollywood has sufficiently prepared her for the worst.

"Now, after all the training I've had for this movie and *G.I. Joe* and *Wonder Woman*, I feel like I could really hurt somebody. Or, you know, an amount of people. A small group, maybe," she says. "I'd like to think that I could take some people on. I should be able to. I think there's going to be a lot of people pissed off who trained me if I'm just in the corner going, 'Please don't hurt me!'" Co-star Josh Peck, known for more comedic roles than the reluctant rebel he plays here, is less confident in his own abilities, putting his own chances at "zero. I think put in this situation in real life, I would either be behind the lines as like the troop jester, just entertaining the troops in some comedic capacity, or I'd be dead," he tells Metro. "I had brilliant [stunt] doubles, thank God."

NED EHRBAR, MWN

## TAKE A LOOK INSIDE RACHAEL'S KITCHEN

*my year in meals*



AVAILABLE TODAY!

More than 500 recipes from Rachael's food diary, plus over 100 cocktails created by Rachael's husband John Cusimano.

VISIT [MyYearinMeals.ca](http://MyYearinMeals.ca) AND ENTER TO WIN 1 of 5 copies

[RachaelRay.com](http://RachaelRay.com)

SIMON & SCHUSTER CANADA | [simonandschuster.ca](http://simonandschuster.ca)

**WIN**

**\$3,000**  
EVERY DAY

**\$10,000**  
EVERY WEEK

**\$20,000**  
EVERY MONTH

The survey says...

**What is the nicest thing anyone has ever done for you?**

Bought me something sentimental. — Garry B.

Buying my coffee. — Taslim K.

The nicest thing anyone has ever done for me is being friend to me. — Kan K.

**\$25 EACH**  
**3 FOR \$70**  
**6 FOR \$125**

**Buy now 403-920-3645 Ext. 800**  
**1-855-478-4382 Ext. 800**

Order today at [www.heartandstroke.ab.ca/calendar](http://www.heartandstroke.ab.ca/calendar)

EVERY CALENDAR SUPPORTS LIFE-GIVING HEART AND STROKE FOUNDATION RESEARCH.

**HEART & STROKE FOUNDATION**

Please visit [www.heartandstroke.ab.ca/calendar](http://www.heartandstroke.ab.ca/calendar) or call 1-855-478-4382 for complete rules of play. Tickets may be sold and purchased only in Alberta. Ticket purchasers must be 18 years of age or older. Calendar Lottery Tickets are \$25 each (81,347 Calendar Lottery Tickets available at this price), 3-packs for \$70 each (40,051 3-packs for a total of 120,153 Calendar Lottery Tickets available at this price) or 6-packs for \$125 each (32,256 6-packs for a total of 193,500 Calendar Lottery Tickets available at this price). The number of Calendar Lottery Tickets in each price category may change, however the total number of Calendar Lottery Tickets for sale, 395,000, will not. All draws will occur at Stroke Management Corporation, 3550 - 12 Street NE, Calgary Alberta T2E 9H9 on January 30th, 2013. The Heart and Stroke Foundation of Alberta, NWT & Nunavut, Lottery Licence # 330270. The Heart and Stroke Foundation are trademarks of the Heart and Stroke Foundation. © Bank of Canada — bank note images used and altered with permission



# K'naan learns love is harder than war

**Country, God or the Girl.** Somali artist goes inward, uses his tour of Africa to free himself and write about what's important

K'naan arrived on the scene singing about struggles — his hit Wavin' Flag was a timely freedom anthem during the 2010 World Cup. But his new record Country, God, or the Girl looks inward.

"I went to 22 countries in Africa, back to back, on tour," the Somalia-born artist says. "Seeing Africa to that degree freed me from having a narrow message in my music."

He says when a friend told him about working in refugee camps during the Rwandan genocide, it changed his perspective on global thinking.

"When people settled into the evening," he says, "nobody talked about the horrific tragedies that were happening. They were talking about their lost loves. And that hit me so deeply —

how human beings are having the same conversations everywhere, even in times of war and famine. Their favorite songs are always love songs. And I wasn't speaking to them in the place that was most important to them."

The singer says he has come to a conclusion about approaching certain subject matter. "Love is harder than war," he says.

The sound of Country, God, or the Girl is a blend of pop and African melodies, and tracks mostly focus on internal conflict, relationships and personal growth.

"To progress musically, I had to open myself up," he says. K'naan is also joined by a wishlist of high profile special guests, including Bono, Keith Richards, Will.i.am, Nas and Nelly Furtado.

But no matter who is joining him, he says it all comes down to one person: "I've had the chance to write about my experiences in a difficult and violent life."

"But when the suffering and the pain is something that comes from within me, it's harder to react and to

## Quoted

**"I went to 22 countries in Africa, back-to-back on tour. Seeing Africa that way freed me from having a narrow message in my music."**

K'naan

write about that."

K'naan says he doesn't write while he's on the road.

"I know that some artists that I'm friends with do that, but I just prefer there be distance between my being celebrated as an artist and my having something to share. Because ... being idolized on stage and then writing a song could be a little dangerous, I think. But when you are living, and nobody cares that you're walking around in the street, your girlfriend is giving you a hard time and (so is) your family, all of that, that's the context in which an artist writes. That's when I like to write."

METRO WORLD NEWS



K'naan rose to fame with his World Cup 2010 hit Wavin' Flag. HANDOUT

**2013 BEST NEW PRODUCT**  
Voted by Consumers  
— Research by BrandSpark —

**YOUR OPINION.  
YOUR VOTE.  
YOUR FAVOURITE  
PRODUCTS.**

**YOU COULD WIN**

One of two **iPad 3s**

OR

One of three **\$250 cash prizes**

OR

One Grand Prize of **\$1,000 cash**

[BestNewProductAwards.ca/Vote90](http://BestNewProductAwards.ca/Vote90)

**THE 2013 BEST NEW PRODUCT AWARDS.  
VOTED BY CONSUMERS LIKE YOU!**

**WINTER DESIGNER CLOTHING SALE**  
NOVEMBER 15-18

**40%-80% OFF**

WOMENS & MENS  
FALL/WINTER 2012 COLLECTION  
JACKETS, COATS, DENIMS, HOODIES,  
SWEATERS, HAND BAGS AND MORE  
FULL SIZE RANGE

MICHAEL KORS, SUPER DRY, MACKAGE, JBRAND, NUDIE,  
JOHN VARVATOS, TRUE RELIGION, GSTAR, SCOTCH & SODA,  
JUICY COUTURE, RAG + BONE, DIESEL, JLINDBERG,  
DOM REBEL, RICH & SKINNY, CITIZENS OF HUMANITY, AG,  
SEVEN FOR ALL MANKIND, HUDSON JEANS AND MORE.

**DAYS INN**  
CALGARY SOUTH  
3828 MACLEOD TRAIL SE,  
CALGARY  
587.887.2377

4 DAY SALE OPEN TO THE PUBLIC  
THURSDAY NOV 15. 11AM - MIDNIGHT  
FRIDAY NOV 16. 11AM - MIDNIGHT  
SATURDAY NOV 17. 11AM - 10PM  
SUNDAY NOV 18. 11AM - 8PM

WE ACCEPT VISA, MASTERCARD, DEBIT, CASH

[THESAMPLESALEGUYS.COM](http://THESAMPLESALEGUYS.COM)

**10% OFF WITH THIS AD\***  
\*Cash only. Some restrictions apply.





Justin Bieber ALL PHOTOS GETTY IMAGES

## Cry him a river: Justin B. borrows from Justin T.

Justin Bieber is dealing with being dumped by Selena Gomez the only way he knows how — through music. The 18-year-old Canadian pop star treated fans to a stripped-down acoustic version of Justin Timberlake's Cry Me a River — a song inspired by Timberlake's split from Britney Spears — at a tour stop

over the weekend, according to People magazine. As for actually addressing the breakup, Bieber still sounds pretty shaken up. "I don't know what's going on in my life," he said in an interview with Open House Party radio before the show. "To even assess that, it doesn't make sense because I have not made any comment."

## The babies still love you Biebs



Miranda Kerr

Selena Gomez may not be as big a Justin Bieber fan as she was a month ago, but at least the Canadian pop star gets the infant vote. Victoria's Secret model Miranda Kerr tells Us Weekly that Flynn, her 21-month-old son with husband Orlando Bloom, loves music and dancing — and Bieber's in particular. "The other day, we were in South Africa, I turned on the TV and Justin Bieber's documentary was on," Kerr says. "I said, 'Flynn! Bieber!' and he said, 'Bie-ber.' I said, 'Bieber fever' and he said, 'Bieber fever.' I thought it was the cutest thing I've ever seen."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

## The stars get to gabbing on the MTV red carpet

On the red carpet of Sunday's MTV Europe Music Awards in Frankfurt, Germany, David Hasselhoff got perhaps the biggest applause from fans, with host Heidi Klum, Kim Kardashian and Gangnam Style star PSY coming a close second.

The random lineup proves what an eclectic show it was. Metro was on the red carpet to talk to a few of the headliners.

### Alicia Keys

**There's talk of an apocalypse. What would you tweet, if you knew it was the end of the world?**

Oh gosh, I really don't want to think about that. I really don't. But it's true it is something to



think about. We're putting so much abuse on this planet. How is it not supposed to react that way?

### Lana Del Rey

**What were you listening to before the show?**

We were listening to Chris Isaak and Bruce Springsteen. Americana.

### PSY, Hasselhoff and Jepsen



"The whole point of Gangnam Style is that you don't have to be that good."  
—PSY

"It's good because I ride horses. It's very easy."  
—David Hasselhoff on dancing Gangnam Style

"If you'd asked me when I was seven years old, I would have told you with utter confidence, definitely, yes. I'd be a star. But then I grew up."  
—Carly Rae Jepsen

## Greene hopes gossip won't get in film's way

Ashley Greene knows that the relationship drama between her Twilight co-stars Kristen Stewart and Robert Pattinson has been getting a lot of attention — especially after Stewart's cheating scandal this summer — but Greene hopes all the hubbub doesn't get in the way of the release of the franchise's final film. "Hopefully it won't taint it and people will still be able to enjoy the movie," she tells Seventeen magazine. "I think a



Ashley Greene

lot of people see us as our characters. I really want them to still be able to do that."

## Tickle me surprised: Elmo's right hand man caught in sex scandal

Kevin Clash, the man behind Sesame Street star Elmo, has taken a leave of absence from the popular children's show amid allegations that he had a sexual relationship with a 16-year-old boy, according to Radar Online. "We met with

Kevin, who denied the accusation. We also conducted a thorough investigation and found the allegation of underage conduct to be unsubstantiated," a spokesman for Sesame Workshop says, according to Radar Online. "Although this was a person-

al relationship unrelated to the workplace, our investigation did reveal that Kevin exercised poor judgment and violated company policy regarding Internet usage, and he was disciplined." No date has been given for Clash's return to the show.

The star of the documentary Being Elmo reportedly told another media outlet recently, "I had a relationship with (the accuser). It was between two consenting adults, and I am deeply saddened that he is trying to make it into something it was not."

### Twitter



@MalinAkerman

On my 3rd hour here at London airport...pretty good spot to have a layover. Lots of shops!



@JohnCleese

In LA working with Python producer John Goldstone and daughter Camilla on acting and writing master classes for the internet.



@MissKellyO

At a photo shoot for a campaign to save African Elephants & the elephant farted on my boyfriend's head funniest thing I have ever witnessed!



@CraigyFerg

Just downloaded Angry Birds Star Wars. This is probably my last tweet for a while.

## YOU COULD WIN A PASS FOR TWO TO THE SPECIAL ADVANCE SCREENING OF RED DAWN



IN THEATRES NOVEMBER 21

To register and for full contest details visit clubmetro.com

Don't forget to like us on Facebook! facebook.com/clubmetrocalgary

## YOU COULD WIN A COPY OF THE TARANTINO XX BLU-RAY™ COLLECTION!



AVAILABLE NOVEMBER 20TH

To register and for full contest details visit clubmetro.com

Don't forget to like us on Facebook! facebook.com/clubmetrocalgary



# COUNTRY HILLS TOYOTA SCION

DRIVEN TO BE DIFFERENT



**WE CARRY A COMPLETE  
SELECTION OF TOYOTA TRUCKS  
& ACCESSORIES FOR EVERY NEED!**

**2012 TACOMA**  
4X4 V6  
Model# UU4ENA BA

RECEIVE A SET OF WINTER TIRES

**ONLY \$321 /MO**

SR5 w/Power Package/  
Extended Cab

**2012 TUNDRA\***  
Model# UY5F1T-BA

RECEIVE A SET OF WINTER TIRES

**ONLY \$380 /MO**

**2013 VENZA**  
Model# ZA38BT AA

RECEIVE A SET OF WINTER TIRES

**ONLY \$293 /MO**

**2013 SIENNA**  
Model# ZK3DCT

RECEIVE A SET OF WINTER TIRES

**ONLY \$312 /MO**

**2012 MATRIX**  
Model# KU4EEP BA

RECEIVE A SET OF WINTER TIRES

**ONLY \$212 /MO**

**2012 RAV4**  
Model# ZF4DVP AA

RECEIVE A SET OF WINTER TIRES

**ONLY \$259 /MO**

**2013 COROLLA**  
Model# BU42EP BA

RECEIVE A SET OF WINTER TIRES

**ONLY \$165 /MO**

**2013 HIGHLANDER**  
V6-4WD Model# BK3EHA AA

RECEIVE A SET OF WINTER TIRES

**ONLY \$448 /MO**

**2012 YARIS HB**  
5 door convenience pkg Model# KTUD3P BA

RECEIVE A SET OF WINTER TIRES

**ONLY \$173 /MO**

**2012 CAMRY LE**  
Model# BF1FLT AA

RECEIVE A SET OF WINTER TIRES

**ONLY \$245 /MO**

**2012 PRIUS**  
Model# KN3DUP AA

RECEIVE A SET OF WINTER TIRES

**ONLY \$259 /MO**

**OVER  
600  
UNITS IN STOCK  
AND READY FOR DELIVERY!!!**



**WESTERN CANADA'S LARGEST VOLUME TOYOTA DEALER**

**Country Hills  
TOYOTA SCION**

CORNER OF DEERFOOT TRAIL &  
COUNTRY HILLS BLVD. NORTH

**403-290-1111**

**CHTOYOTA.COM**



lease  
ease  
at Country Hills Toyota

grad  
STRAP

Twitter: @CHTOYOTA

Facebook: /CHTOYOTA



YARIS: 1.9% 64MTH \$1999 DOWN PAYMENT; PRIUS: LEASE@2.9% 64 MTH \$3999 DOWN PAYMENT; MATRIX: LOW KM LEASE@0.0% 48MTH LEV 9491 \$2990 DOWN PAYMENT; COROLLA: LEASE@1.9% 64MTH \$2999 DOWN PAYMENT; CAMRY: LEASE@3.9 64MTH \$3858 DOWN PAYMENT; RAV4: LEASE 0% 48MTH LEASE LEV 11800 \$3299 DOWN PAYMENT PLUS \$750 INCENTIVE; TACOMA: LOW KM LEASE @3.9% 60MTH LEV12236 \$4568 DOWNPAYMENT; TUNDRA: LEASE 64 MTH @ 0.9% \$4999 DOWN PAYMENT; HIGHLANDER: LEASE 64 MTH @ 4.9% \$ 3500 DOWN PAYMENT; Sienna: LEASE @3.9% 64MTH \$3999 DOWN PAYMENT; VENZA: LEASE 64MTH@3.9% \$3999 DOWN PAYMENT PLUS\$1000 INCENTIVE. WINTER TIRE OFFER CANNOT BE COMBINED WITH ANY OTHER OFFER. Aeroplan miles not to be combined with any other promotion.



Kellan Lutz faces off against Kristen Stewart on screen and talks about how he gets those muscles with Metro. HANDOUT

# Getting that vampire strength

**Interview.** Twilight star Kellan Lutz talks about how he keeps the sleek physique and manages major strength in the series

ROMINA  
MCGUINNESS  
life@metronews.ca

Kellan Lutz spent four years wearing pasty white make-up and doing push ups to play superstrong vampire Emmett Cullen in The Twilight Saga. Now that the final chapter, Breaking Dawn — Part 2, arrives in theatres, he talks to Metro about his post-vampire career, wrestling with Kristen Stewart and learning to cut up a steak.

**Everyone went on and on about Taylor Lautner's body in Twilight. But you were buff all along. How did you manage that?**

I have good muscle memory. I'm barrel-chested, so I can do 50 push ups and get some

man boobs pretty easily. But Taylor had to take his shirt off. It would have been different if I'd had to take mine off and I was pale white with make up. It wouldn't look so flattering.

**The arm wrestle scene between Bella and Emmett in Breaking Dawn 2 — did you guys do it for real? Kristen vs. Kellan?**

I sent Emmett to some acting classes to prepare him for that scene so that he didn't lose and get his ego hurt too much. I'd been looking forward to shooting that scene for years and Kristen was just so excited to play a vampire finally. She's a strong woman. She put up a good fight. Of course, I let her win.

**Could Kristen beat you in real life?**

Never ... Plus she cheated. But I really think she could beat Rob in an arm wrestle.

**So, she's stronger than Robert Pattinson?**

I think so ... She'd come out a winner. She'd probably tickle him or something.

**Would he make more?**

"I mean, am I sitting on the edge of my bed praying about it? No. I love my character. If I had a spin-off where Emmett goes in the woods and five years later he has his own zoo and he's wrestling a bear and a lion in the backyard and he has his five Emmett buddies from his football days and hunting days and we made a comedy out of it, that would be great."

Kellan Lutz,  
On making more Twilight movies.

**Who would you rather date? Kristen Stewart or Bella Swan?**

I don't really know Bella Swan too much. I know Kristen. For me, the wise choice would be who I know

the most and connect the most with and Kristen — she was just so much fun to work with.

**If you had the vampire strength of Emmett in real life—**

If? What are you talking about?

**What would you dream of being able to do?**

Wrestle lions like Samson (in the Bible.) I love to play with my dog — but how fun would that be, to wrestle a lion by its mane and pull it down. Or a grizzly bear. For me — having all-powerful strength — being able to pull trees out of the ground and carry them like a pool noodle. Or feel like Atlas (a Titan known for his strength in Greek mythology).

**What do you do to stay fit?**

I play volleyball every Saturday and workout whenever I can. A big part of what I've been doing is just eating better. I don't eat as much candy as I used to.

**I read you can eat 10 Taco Bell tacos in one sitting.**

I have a large stomach. Growing up within a family of six boys, you learn to just chow down. You just want to get it in before it's gone. I'm learning to enjoy my meals and cut up a steak rather than just ripping it apart with my mouth.

**What's next for you?**

I'm focusing on action movies. I love fighting and shooting guns.

**Why?**

I have no tattoos — I wear my scars as my tattoos. I've never broken a bone but I love taking risks. I'd like to do something extreme like Tom Cruise in Mission Impossible. Wear a squirrel suit and jump out of a helicopter, fly over an erupting volcano and drive fast cars.

**Would you do the space jump?**

Yeah. I just love the thrill. Skydiving is amazing — doing flips in the air. Snowboarding or scuba diving — it's one of the scariest things I've ever done — it's life or death down there.

# 3 LIFE

## NEED COOL DESIGN TIPS?

Read metrohome  
every Thursday.



## ACUPUNCTURE A NATURAL HEALING METHOD

TO RELIEVE YOUR PAIN, HEADACHE, STRESS, SCIATICA, FLU  
AND MORE.....INSURANCE COVERED

### 20% OFF FOR ALL ACUPUNCTURE PACKAGE PRICES

Call for details. Expires: Dec 30, 2012. FREE Consultation.



**Dr. Jenny Tao TCMD MD(China)**  
R. Acupuncturist & R. Massage practitioner  
with over 20 years experience

**CALL: (403) 284-5366**

LOCATED: BAY 4, 2111 CENTRE ST NW, CALGARY, T2E 2T2  
WWW.JENNYACUPUNCTURE.COM



# Have dinner on the table in 20 minutes with tilapia



**ROSE REISMAN**  
for more, visit  
rosereisman.com

This Tilapia with Cashew Crust recipe is a real winner for fish lovers.

The mild taste of tilapia goes well with nuts, and this lemon-nut combination is outstanding.

If you want to substitute another fish, try sole. Serve this over a bed of fresh grilled vegetables.

The best part is that prep time is only five minutes and cooking time is only 15 minutes.

1. Preheat the oven to 425 F.

## Ingredients

- 1/3 cup finely chopped toasted cashews
- 4 tbsp grated Parmesan cheese
- 1 tbsp olive oil
- 1 tbsp freshly squeezed

lemon juice

2. Place the cashews, cheese, oil, juice and garlic in the bowl of a food processor and process just until coarsely ground. Do not purée. Alternatively, finely chop by hand.

3. Place the fish on the prepared baking sheet and divide the nut mixture overtop, pressing it onto the fillets to help it adhere. Bake for 10 minutes per inch of thickness, or until the fish flakes when pierced with a fork. Garnish with the dill and lemon wedges. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**



This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

## Health solutions

### Save on produce



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

Man, vegetables and fruit can get expensive this time of year! And when you consider that most of us are only enjoying three or four of the eight to 10 we are supposed to, the grocery bill goes through the roof. Here are a few tips to help you pinch a few pennies:

• Check the reduced bin first. Often, food is moved here simply to make room for a new shipment and you would have paid full price 20 seconds ago. (You will know what is beyond its due date, don't worry.)

• Buy in bulk and cook or freeze. A few heads of cauliflower can be bought on the cheap and be cooked in the slow

cooker to turn it into a freezable side dish with a little drizzle of butter. Freeze in single serving sizes and never go without.

• Shop in Asian markets and experiment! You may not be familiar with the vegetable but, rest assured, a quick stir fry and you will be.

• Look for sales on frozen vegetables. These are often picked at their peak and frozen to preserve nutrients. Not as great as a salad, maybe, but tossed into pastas and soups, they are great!

• You can't beat frozen berries for pies, smoothies and to stir into yogurt.

Don't skimp on the health benefits of fruits and vegetables just to save a few bucks. It won't be worth it in the end. If all else fails, "borrow" someone else's apple from the work fridge. (Kidding!)

**THERESA ALBERT**  
IS AN AUTHOR AND ON  
CALL, PRIVATE NUTRI-  
TIONIST IN TORONTO.  
SHE IS @THERESAAL-  
BERT ON TWITTER  
AND FOUND DAILY AT  
MYFRIENDINFOOD.COM



# New green side dish in town

Of all the many green vegetables available to us, we tend to be profoundly lacking in inspiration when it comes to selecting one for those big family dinners.

## Ingredients

- 1-lb bag frozen shelled edamame
- 2 lbs raw peeled shrimp (thawed, if frozen)
- 1/4 cup olive oil
- 2 tbsp ground black pepper
- 1 tbsp kosher salt
- 1 tsp smoked paprika

Generally, it's either green beans or Brussels sprouts. And while both are fine vegetables, wouldn't it be nice if just once the token nod to something green on the table was something a little different?

That's the inspiration behind this fast and easy green dish that has lots of flavour and doesn't rely on the usual suspects. The solution is a heaping tray of roasted, peppery shrimp and edamame, creating an attractive and filling side dish that could even double as a main course.

Because this recipe cooks so quickly — and at a much

higher temperature than most big dinner dishes are likely to — leave it for last.

And yes, the recipe is correct — 2 tablespoons of black pepper. That's the point. And it is delicious.

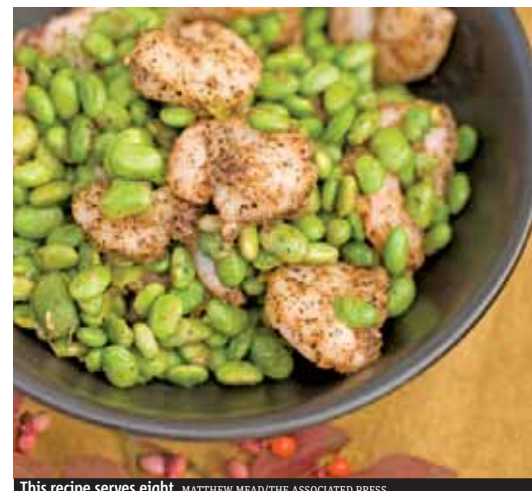
1. Heat oven to 450 F. Line a rimmed baking sheet with foil.

2. Place edamame in a medium microwave-safe bowl and microwave for 1 to 2 minutes, or just long enough to slightly thaw. Pour off any liquid that has accumulated in the bowl, then transfer the edamame to the prepared baking sheet.

3. Add the shrimp to the baking sheet, then drizzle the oil over them and the edamame. Sprinkle with the pepper, salt and paprika. Use your hands to mix everything together, making certain the shrimp and edamame are well coated with the oil and seasonings. Arrange the ingredients in an even layer on the baking sheet.

4. Roast for 5 minutes, then use a spatula to turn the shrimp. Roast for another 2 to 3 minutes, or until the shrimp are just pink and firm. Serve immediately.

THE ASSOCIATED PRESS



This recipe serves eight. MATTHEW MEAD/THE ASSOCIATED PRESS



ANOTHER STEP  
FORWARD

## COMING FALL 2012

Take another step forward in the innovative 1130 - 1400 sq. ft. three storey townhomes at Edison. Register at [aviurban.com/edison](http://aviurban.com/edison)

AVIurban  
A MULTIBRAND  
DIVISION OF  
AVI



At Edison, it's all about details.

Intricate rooflines,

oversized windows, & majorly modern

exteriors make Edison a brilliant choice.



The Dirty Dancing soundtrack worked for them. LIONSGATE

# How a cheesy soundtrack = amazing sex

**Setting the mood.** Music psychologist reveals why great love songs get us all hot and bothered

ROMINA MCGUINNESS  
metronews.ca

It appears that when it comes to wooing and romance, music can be used as a form of brainwashing. The songs you choose are just a subtle way to suggest and initiate sex.

Music psychologist Dr. Daniel Müllensiefen, from Goldsmiths, University of London, discovered that music was a key element of the seduction game and consequently, how successful you are in the bedroom. The playlist you listen to in the moments leading to and during sex is crucial.

A staggering 40 per cent of people admitted that the

music they listened to during sex was more arousing than the touch or feel of their partner.

## Time of your life

Although both sexes favoured songs that were happy and tender, men tend to make more of an effort to adjust to the taste of their date in order to ensure success in the bedroom.

This could explain why the soundtrack from the iconic '80s romantic movie, Dirty Dancing, was voted as best for sex. This is because it's not just the music that's important, but what it is that we associate with the songs.

Dr. Müllensiefen observed: "Music activates emotional pleasure centres in the brain—the same areas that are activated when we have sex or take drugs."

"If you have a sound track to a film that as a whole is associated with romance, flirt(ing) and sex, that might work for the entire sexual episode. Listening to the

## Quoted

**"Music activates emotional pleasure centres in the brain."**

Music psychologist Dr. Daniel Müllensiefen.

soundtrack unconsciously re-ignites the feelings we experienced whilst watching the film.

"So just put the CD in and let it play," he adds. "The passionate emotions we feel when we see the love scenes in a film get encoded together with the music, almost like a conditioned experience."

## The Vocals

But it's not just what we associate the song with that's important in the bedroom — individual vocals are too. "People have a sort of emotional intelligence with music," explains Dr. Müllensiefen.

## Kids' friends still scoffing

## Frustrated by lingering Halloween treats

**Dear Charles the Butler;** My children's friends are still eating Halloween candy and it's driving me crazy. My kids weren't allowed to keep all of their candy, but their friends bring treats into the house. I don't want my kids eating too much sugar. How do I deal with my kids' friends when they bring candy over? Is there an etiquette for this?

-Stressed mom



**CHARLES THE BUTLER**  
askcharlesthebutler@metronews.ca  
For more, visit charlesmacpherson.com

Dear Stressed Mom;  
Wow this is tough, because you are trying to deal with discipline within your own

home, yet have kids from the outside who have different parents and rules in their homes. However, in the end, the solution is simple. It's your home, so it's your rules. Ask the kids not to eat their candy in your house and provide them with something

else as a healthy alternative for the kids to share. Remember, don't embarrass or say bad things to these kids about candy or sugar, that's not your place. But be positive. Reinforce what you do in your house and be confident in your decision.



If you don't want outside candy in your home, say so. ISTOCK

# The hot 'n' heavy playlists

## Tracks for the Gym (128-140 bpm)

- Rihanna. Umbrella
- Push It. Salt n' Peppa
- Kylie Minogue. Red Blooded Woman
- Britney Spears. Womanizer
- PSY. Gangnam Style
- Kanye West & Jay-Z. H.A.M.
- Mariah Carey. We Belong Together
- Madonna. Turn Up The Radio
- Missy Elliot. Work it
- The Police. Roxanne

## Tracks to get "in the mood" for sex

- Marvin Gaye. Sexual Healing
- Marvin Gaye. Let's Get It On
- Barry White. Anything
- Serge Gainsbourg. Je T'aime
- Kings of Leon. Sex on Fire
- Hot Chocolate. You Sexy Thing
- Ravel. Bolero
- Boyz To Men. I'll Make Love To You
- Chris De Burgh. Lady in Red
- R Kelly. Bump & Grind

## Tracks to play during sex

- Dirty Dancing. Anything from the soundtrack
- Marvin Gaye. Sexual Healing
- Ravel. Bolero
- Berlin. Take My Breath Away
- Barry White. Anything from his collection
- Marvin Gaye. Let's Get It On
- Righteous Brothers. Unchained Melody
- Celine Dion. Titanic Soundtrack / My Heart Will Go On
- Whitney Houston. I Will Always Love You

"When it comes to getting in the mood for sex, people tend to go for relaxed songs with little use of vocal vibrato and with a greater dynamic range, a high chest voice, a raspiness in the voice, such as Marvin Gaye's Sexual Healing, (the number one track to get in the mood for sex) and Barry White's Anything (third best)," says Dr. Müllensiefen.

So fire up that Spotify or Grooveshark playlist, doc. Let's get it on.

**FREE TRIAL** **lavalife VOICE**

**CALL NOW!**  
**403-974-5555**  
Toll Free: 1-866-348-5282

1-800-BELLING 1-800-528-2543  
DUAL POLICE (P25423)  
79% MIN. BELL ROGERS™ FIDG  
99% MIN. VIRGIN MOBILE, TELUS

lavalifevoice.com

18+ \*Restrictions may apply



# Why we fail financially

## Alison's money rule.

New survey shows how we really feel about our spending and saving



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

Do you have a cheatin' heart? Do you feel guilty or anxious? Are you hoping for a windfall to save you? Chances are, you'll answer yes to one or more of these questions when they relate to money.

Credit Education Week Canada (cewc.ca) began on Monday. This year, the founders of CEWC, Credit Canada Debt Solutions and Capital One Canada, commissioned a survey

to find out how we really feel about money and our spending and saving resolutions.

Interestingly, the survey uncovered a whole lotta angst going on in our financial lives. Sixty three per cent of Canadians worry so much about money they lose sleep and for half of us, it has caused conflict with family or friends.

Nearly 30 per cent are praying for a lottery win or an inheritance to secure their futures.

In light of these statistics, it comes as no surprise that 81 per cent of us have cheated on resolutions made about money.

The source of our financial woes lies mostly in a single area — overspending.

Pretty much everyone does it, with groceries being the biggest culprit (76 per cent), followed by the need to treat or

reward ourselves (60 per cent) and eating out (54 per cent).

While many Canadians (37 and 28 per cent) believe that lack of income and discipline are at the root of their financial troubles, I think these are symptoms, not causes.

The real problem is a lack of another kind — help.

There is a crying need for assistance and very few are getting it. Only eight per cent of Canadians use a financial planner, for example. But there are many ways to get support in achieving financial goals. Old-fashioned hand holding is one.

Find someone you trust to be a mentor and to keep you on track. I know one woman who enlisted her neighbours with the common goal of making a budget and sticking to it. They met monthly to bare their financial souls — and it worked.

There are also charitable counselling services such as Credit Canada (creditcanada.com) and employers are increasingly including financial counseling to HR programs.

If you think you need help, start looking for it. Don't hide your financial problems in a closet.

Contact Alison at [griffiths.alison@gmail.com](mailto:griffiths.alison@gmail.com) or [alisongriffiths.ca](mailto:alisongriffiths.ca)



## The Joneses' don't have two nickels to rub together, so why keep up?



**FUN AND FRUGAL**  
Lesley Scorgie  
money@metronews.ca

November is financial literacy month for many provinces in Canada. To celebrate, last week I spoke at an event alongside David Chilton, the new Dragon from Dragon's Den and author of *Wealthy Barber*, the first personal finance book I ever read at age 13.

Chilton is considered the pioneer of personal finance in Canada, so it was an honour to present with him on the theme of *Keeping Up With The Joneses*.

Unfortunately, Canadian appetite for spending has grown substantially over the past few decades as our incomes have grown and access to credit has increased.

We've watched our broke neighbours bring home fancier cars, upgrade their houses and put junior in expensive competitive sports.

As a result of adult peer



**What price will Canadians pay to keep up with their spending?**  
ISTOCK IMAGES

pressure, we've over-extended ourselves to look richer in hopes of greater happiness, which never materializes because true happiness isn't found in a new television.

Meanwhile, the truly wealthy are not spending this kind of dough. They're living frugally, keeping meticulous budgets and spending on things that grow in value, not shrink.

These folks report less stress, fewer divorces and greater personal satisfaction. They are financially literate.

Due to extreme overspending, Canadians borrow approximately \$0.70 of every \$1 spent and the most popular borrowing methods are credit cards and lines of credit.

Canadians continue to carry balances on our credit

cards at an average rate of 19.5 per cent and the average Canadian household owes \$40,000 in some type of consumer debt.

Even more frightening is the fact that one in 10 families report that they would not be able to handle a \$500 unexpected expense.

What price will Canadians pay to keep up with their spending?

The bottom line on overspending and debt is that it's restrictive and causes stress.

If you care about your future, channel your energy and dollars away from image-boosting spending and focus on keeping what you've worked so hard to earn.

If you're caught in an overspending trap, stop. Remove spending temptation. Avoid bad debt and manage good debt by:

1. Negotiating interest rates; and

2. Paying a little extra each month through frugal living.

Chilton offered good advice last week: Stop complaining about what you don't have.

Consider yourself lucky to live in Canada, where we are safe, have access to education, health care, jobs and other helpful resources.

Follow Lesley on Twitter  
[@LesleyScorgie](https://twitter.com/LesleyScorgie)



A financial planner can be a broke girl's best friend. ISTOCK IMAGES



RBC Royal Bank

# It's time for a better savings account.



## RBC High Interest eSavings® account

- Earn interest on every dollar with **no minimum balance requirements**.
- Access your savings instantly\* with **no 24-48 hour delays**.

Open a better savings account today.  
[rbc.com/savings](http://rbc.com/savings)

Advice you can bank on™





# Stylish urban architecture lives at Walden.

And so can you.



STARTING FROM THE MID

**\$400s**

INCLUDING LOT + GST

VISIT OUR SALES CENTRE

**56 & 60 Walden Terrace SE  
403.984.9107**

**Sales Centre Hours:** Mon – Thurs: 2 pm – 8 pm  
Sat, Sun + Holidays: 12 pm – 5 pm Closed Fridays

**Built for real life.**  
CARDELHOMES.COM

**CARDEL**  
HOMES

# MAKE A MONEY RESOLUTION

## CREDIT EDUCATION WEEK CANADA AIMS TO RAISE AWARENESS

In 2007, Credit Canada and Capital One Canada teamed up to create the first Credit Education Week Canada (CEWC), with the objective to raise public awareness and educate Canadians about the many issues and challenges they face managing their finances, spending and savings.

Now in its sixth year, CEWC 2012 will be looking at “money resolutions” and the unique financial pressures Canadian consumers face.

Beginning today and running through to Friday, more than 150 events and financial literacy workshops at YMCAs and

community centres across the country will occur under the Credit Education Week Canada banner thanks to the support and funding of all sponsors.

On Nov. 13, the founding sponsors of CEWC — Credit Canada Debt Solutions and Capital One Canada — will officially kick off the week with the launch of its Professional Development Day at the Toronto YMCA. The event launch will be hosted by Gary Rabbior, president of CFEE, a non-profit, non-partisan organization since 1981. This is a unique opportunity for financial industry leaders to bring consumer awareness to myriad of financial issues impacting Canadians, as well as show their support and commitment to the financial literacy initiatives.

Bruce Sellery, the founder of Moolala, a personal finance training company with a mission to inspire people to get a handle



on their money so they can live the life they want, will deliver the event's keynote address.

The climax of every CEWC is the dinner gala, which will be held Thursday at the Royal York Hotel in Toronto. The gala will be hosted by CTV's consumer affairs expert Pat Foran, while David Chilton, star

## STORIES FROM ACROSS CANADA

Credit Canada and Capital One Canada sponsored a contest asking people to share their inspiring or compelling stories about how they conquered their credit issues and how it changed their life. Contributors were asked to share their stories in 300 words or less. Julie-Laurence Lafortune of Laval, Que., submitted the winning entry worth \$4,000, Trina Brooks from London, Ont., took home \$3,000 for the second-place story, while David Roberts from Vancouver cashed in the third-place entry, which was worth \$1,000.

of CBC's Dragons' Den and bestselling author of The Wealthy Barber Series, will deliver the gala keynote address.

For more information about CEWC 2012, go to [cewc.ca](http://cewc.ca).

**THANK YOU TO OUR  
CREDIT EDUCATION WEEK  
CANADA 2012 SPONSORS**



### THANK YOU CEWC SPONSORS.

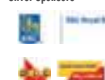
Platinum Sponsors



Gold Sponsor



Silver Sponsors



Bronze Sponsors



# THE WILD AND WOOLLY TRUTH ABOUT CREDIT.

### IT'S NOT THAT WILD. OR WOOLLY.

Credit is easy to understand when it's explained properly. In simple terms. That's where [understanding-credit.ca](http://understanding-credit.ca) comes in. With videos, tools and resources, you can make sense of what's really going on.

Educate yourself at  
**[UNDERSTANDING-CREDIT.CA](http://UNDERSTANDING-CREDIT.CA)**

BROUGHT TO YOU BY



PROUD TO BE A FOUNDING SPONSOR OF CREDIT EDUCATION WEEK CANADA.



# KICKING HER TO THE CURB

## JULIE-LAURENCE LAFORTUNE CHOOSES TO END A RELATIONSHIP WITH HER CREDIT CARD

It was the summer of 2004; she had just graduated from university and was working an entry-level position in the field of advertising. We met at the bank. The teller introduced us and it was love at first sight.

She wanted so many things and I could provide those to her. The designer shoes that she so lusted for were finally hers in the blink of an eye when she brought me along with her. While her friends were saving up for down payments on condominiums or putting money towards their retirement, she was with me in the swankiest stores in town. Her friends and family warned her to spend less time with me but nothing could keep us apart. I remember those crazy nights out when I would get swiped a dozen times.

Notices started flooding in requesting she pay for me. She stopped opening them. After all, our relationship was all about fun and nobody was going to put a damper on that. It all came to a halt one year later. She had a nightmare; she was drowning in a sea of notices, unable to come up to the surface to breathe. As she awoke in fright, I heard her whisper: I need to change my ways or I will be living in my purse and drinking juice from my shoes.

She confined me to her freezer; she tried to cut me with her scissors but couldn't bring herself to do it. She sold some of her designer goods and opened a tax-free savings account. She wrote up a debt repayment plan and

### GRAND PRIZE WINNER (\$4,000)

followed it with unbridled discipline.

She finally took me out one day but it just wasn't the

same. She wanted a professional relationship. I wasn't her everything anymore, just her credit card.



RBC Royal Bank

## Smaller debt. Bigger smile.

### Save over \$700\* by consolidating your higher interest debts.

RBC Royal Bank® has new online tools and resources to help you develop a concrete plan to lower debt and save money.

- Create your own customized **Debt Reduction Plan**
- Explore ways to simplify payments with our **Debt Consolidation Calculator**

Get started today at [rbc.com/smile](http://rbc.com/smile)

Advice you can bank on™



Or scan here using your  
mobile device to learn more.



\*Based on \$12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of \$3200 @ 19% per annum with monthly payment of \$150/month, and \$1000 @ 25% per annum with monthly payment of \$100 and loan of \$8000 with 3 year term @ 9% per annum with monthly payment of \$265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ©/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

# Stamps' Tate clarifies comments after hard hit

**CFL.** Calgary pivot says he was overwhelmed by moment and not suffering from head injury in West semifinal

Calgary Stampeders quarterback Drew Tate says he didn't remember the first half of the CFL West Division semifinal because he wanted to erase it from his memory, not because of a concussion.

Tate issued a statement Monday clarifying comments he'd made both at halftime and following the previous day's 36-30 win over the Saskatchewan Roughriders.

Tate got to his feet slowly after a helmet-to-helmet hit from Saskatchewan's Tearius George early in the second quarter.

He told TSN at the half, "I got hit in the head. I don't remember the first half" and repeated to reporters after the game, "I got my bell rung. I don't remember the first half."

But Tate also stated during his post-game comments that he wasn't concussed, sparking confusion over whether he had sustained a serious head injury or not.

Stampeders head coach and general manager John Hufnagel told reporters Monday that Tate passed all concussion tests "with flying colours."

The players had the day off from practice, but Tate revealed in the statement that his amnesia was self-induced and not from a blow to the head.

"I got dinged in the second quarter and there was some fuzziness on that drive, but I obviously knew what I was doing and had no problems," Tate said. "By the time I got to the sideline and talked to everyone, I felt fine."

"The reason I said I didn't



Stampeders quarterback Drew Tate runs against the Roughriders during the second half of the West Division semifinal at McMahon Stadium on Sunday. LARRY MACDOUGAL/THE CANADIAN PRESS

## Quoted

**"I don't think he did it intentionally. I know him obviously and I just don't think he's that type of player."**

Calgary coach John Hufnagel on former Stampeders Tearius George's hit on Drew Tate

remember anything from the first half was because we didn't play great and I just wanted to move on. Looking back, I answered that question way too casually, but it was because I just wanted to go start warming up for the second half. For me, I meant it like forgetting about a play and moving on to the next

play during a game.

"After the game, I told media guys that I was having a hard time concentrating when they were asking questions. There was just so much adrenaline from winning the game, from everything that happened during the week with my family, with being named the starter."

Tate felt emotional strain Sunday. His grandmother died last week and he was unable to attend her funeral Saturday in the U.S. because of the game.

His one previous CFL playoff game did not go well. Tate was replaced by Henry Burris after the first half of last season's West semifinal loss to Edmonton.

The 28-year-old from Baytown, Texas, was sidelined 14 games this season with a shoulder dislocation and subsequent surgery. Backup Kevin Glenn went 9-5 during Tate's absence.

THE CANADIAN PRESS

## Season's turning point

### Cornish on roll ever since B.C. blowout

Jon Cornish ran for more yards this season than any Canadian ever in the CFL, but there was a watershed moment in his breakout campaign.

It came July 28 when the Stampeders running back ran for -1 yards on six carries in a 34-8 home loss to the B.C. Lions. That gave the native of New Westminster, B.C., 199 yards rushing through five games, averaging just 3.8 yards per carry.

But Cornish ran for 170 yards on 20 carries and a TD the following week in a 31-20 victory over the Tiger-Cats. The six-year veteran amassed 1,258 yards over Calgary's final 13 games (averaging 6.1 yards per carry) for a CFL-best 1,457 yards, breaking Norm Kwong's record for most rushing yards in a season by a Canadian (1,437 yards).

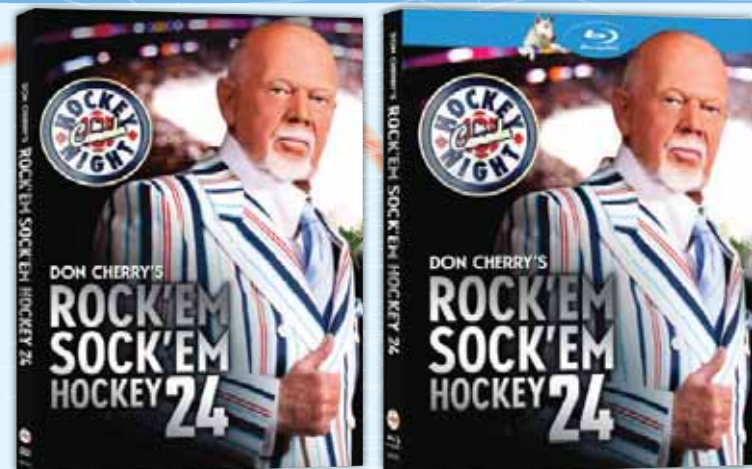
Calgary also rebounded, with the Hamilton win starting a 10-3 stretch that earned it a 12-6 record and second in the West Division behind the defending Grey Cup champion Lions.

B.C. hosts Calgary in the West final on Sunday while the Toronto Argonauts visit the Montreal Alouettes for the East crown. The winners meet in the 100th Grey Cup on Nov. 25 in Toronto.

THE CANADIAN PRESS



Calgary's Jon Cornish gets tackled by Roughriders Diamond Ferri, left, and James Patrick on Sunday. THE CANADIAN PRESS



## YOU COULD WIN A BLU-RAY™ COPY OF DON CHERRY'S ROCK 'EM SOCK 'EM HOCKEY 24

ON DVD, AND FOR THE FIRST TIME, BLU-RAY, ROCK 'EM SOCK 'EM 24 INCLUDES ALL THE BEST HITS, SAVES, AND GOALS FROM THE 2011-2012 HOCKEY SEASON!



**AVAILABLE TODAY!**

To register and for full contest details visit [clubmetro.com](http://clubmetro.com)  
Don't forget to like us on Facebook! [facebook.com/clubmetrocalgary](https://facebook.com/clubmetrocalgary)







Hockey Hall of Fame inductees, from left, Mats Sundin, Joe Sakic, Adam Oates and Pavel Bure pose in Toronto on Monday. RICK MADONIK/TORSTAR NEWS SERVICE

# Lockout on minds of Hall of Fame inductees

There is something missing from Joe Sakic's new plaque at the Hockey Hall of Fame and it's not because the printer made a mistake.

Among the list of his many achievements is no mention of his 21st NHL season, the one that was never played because of the 2004-05 lockout. With the sport back in another dark period brought on by another labour dispute, Sakic reflected on the year that never was on the day he took his place among hockey's greats.

"I lost a year of hockey," Sakic said Monday prior to the induction ceremony. "It would have been 21 years instead of 20. That's what you lose."

Fellow inductees Mats Sun-

## Statistics

### 2012 HALL OF FAME CLASS

	GP	G	A	PTS
Pavel Bure	702	437	342	779
Playoffs	64	35	35	70
Joe Sakic	1378	625	1016	1641
Playoffs	172	84	104	188
Mats Sundin	1346	564	785	1349
Playoffs	91	38	44	82
Adam Oates	1337	341	1079	1420
Playoffs	163	42	114	156

Torstar News Service

din and Adam Oates were also in the NHL when the last lockout hit while Pavel Bure, the fourth member of the class, was already retired.

Sundin never managed to win a Stanley Cup during his career and can't help but won-

der what could have been had the 2004-05 been played. His Maple Leafs were on a run of six consecutive playoff appearances before that work stoppage.

"It was awful," said Sundin. "I think it's devastating."

While all four of the inductees seem to have thoroughly enjoyed their induction weekend, the current lockout made it a more subdued affair than usual. They were to have been honoured at Air Canada Centre prior to a scheduled Leafs-Devils game on Friday night — a missed opportunity in particular for Sundin, the longtime Toronto captain, and Oates, who grew up in the city.

THE CANADIAN PRESS

## NHL

### Steve Fehr just waiting for lockout breakthrough

A new NHL labour deal might not be as far off as it seems.

Steve Fehr, special counsel to the NHL Players' Association, believes the collective bargaining agreement can be wrapped up in a hurry once the sides make a breakthrough in negotiations.

"One thing (deputy commissioner) Bill Daly and I agree upon is that when the moment is right, the deal could be done very quickly," Fehr said Monday during a panel discussion at the PrimeTime Sports Management Conference in Toronto. "One day, three days or whatever."

Asked later if he agreed with that assertion, Daly replied: "I hope he's right."

THE CANADIAN PRESS



### Jazz win 3-OT thriller in T.O.

Raptors guard DeMar DeRozan drives to the hoop on Utah Jazz centre Al Jefferson on Monday night in Toronto. Paul Millsap scored 34 points and Jefferson drained just the second three-pointer of his career with 2.2 seconds in regulation to lift the Jazz 140-133 over the Raptors in triple overtime

Monday. FRANK GUNN/THE CANADIAN PRESS



WE HAVE THE FIRST 2013 SENTRAS IN CALGARY!

4 AVAILABLE

ALL 2012s COME WITH

FREE WINTER TIRES\*

YOUR LAST CHANCE TO GET THE 4X4 TRUCK-PLATFORM PATHFINDER BEFORE IT SWITCHES TO A CROSS-OVER PLATFORM!

\$9,000 CASH DISCOUNT



120195

2012 NISSAN

PATHFINDER 4X4

AUTO, PWR LOCKS & WINDOWS, ABS, STABILITY & TRACTION CONTROL

MSRP:

\$39,718

\$30,718

\$224 B/W<sup>1</sup>

\$6,500 CASH DISCOUNT



120119

2012 NISSAN

ALTIMA 2.5 S

AUTO, A/C, PWR LOCKS & WINDOWS, ABS, MOONROOF, ALLOY WHEELS, BLUETOOTH

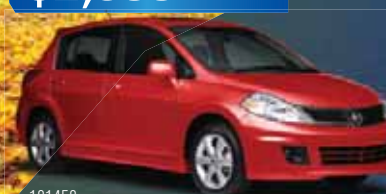
MSRP:

\$30,293

\$23,793

\$174 B/W<sup>2</sup>

\$2,500 CASH DISCOUNT



121452

2012 NISSAN

VERSA HATCHBACK

PWR LOCKS & WINDOWS, A/C, ABS, PWR MIRRORS

MSRP:

\$18,645

\$16,145

\$112 B/W<sup>2</sup>

\$5,000 CASH DISCOUNT



121090

2012 NISSAN

XTERRA S

4 DL V6, 6 SPEED MANUAL, TRACTION CTRL & VDC, ABS, A/C, PWR WINDOWS & LOCKS

WAS:

\$35,718

\$30,718

\$216 B/W<sup>3</sup>

NO CHARGE AWD ON 2013 & REMAINING 2012 ROGUES AND JUKES! LARGE 2013 SELECTION! SEE DEALER FOR DETAILS

PAYMENTS O.A.C. 1. PATHFINDER: 0.9% FOR 84 MTH. 2. ALTIMA & VERSA: 0% FOR 84 MTH. 3. XTERRA: 4.99% FOR 84 MTH. TAXES (GST, \$20 TIRE & \$100 A/C) AND FEES (\$399 ADMINISTRATION, \$145 WHEEL LOCKS AND NITROGEN & \$6.25 AMVIC) INCLUDED. ERRORS AND OMISSIONS EXEMPT. VEHICLES MAY NOT BE EXACTLY AS SHOWN. \*DOES NOT INCLUDE FEES FOR RIMS, MOUNTING, AND BALANCING.

SUNRIDGE NISSAN

NISSAN Commercial Vehicles

3131 32 Ave NE, Calgary, AB

SUNRIDGENISSAN.COM

THE ORIGINAL KING OF CREDIT

CALL JON NOW DRIVE TODAY!

403-207-1039

CREDITKINGCALGARY.COM

AMVIC LICENSED

BEST MANAGED COMPANIES

2701 32 AVE NE

3131 32 AVE NE



NBA				
EASTERN CONFERENCE				
	W	L	Pct	GB
New York	4	0	1.000	—
Miami	6	2	.750	—
Milwaukee	4	2	.667	1
Brooklyn	3	2	.600	1 1/2
Philadelphia	4	3	.571	1 1/2
Chicago	4	3	.571	1 1/2
Boston	4	3	.571	1 1/2
Indiana	3	4	.429	2 1/2
Atlanta	2	3	.400	2 1/2
Charlotte	2	3	.400	2 1/2
Orlando	2	4	.333	3
Cleveland	2	5	.286	3 1/2
Toronto	1	6	.143	4 1/2
Washington	0	5	.000	4 1/2
Detroit	0	8	.000	6

WESTERN CONFERENCE				
	W	L	Pct	GB
San Antonio	6	1	.857	—
Oklahoma City	6	2	.750	1/2
L.A. Clippers	5	2	.714	1
Memphis	5	1	.833	1/2
Minnesota	5	2	.714	1
New Orleans	3	2	.600	2
Dallas	4	4	.500	2 1/2
Phoenix	4	4	.500	2 1/2
Utah	4	4	.500	2 1/2
Denver	4	4	.500	2 1/2
Golden State	3	4	.429	3
Houston	3	4	.429	3
L.A. Lakers	3	4	.429	3
Portland	2	4	.333	3 1/2
Sacramento	2	5	.286	4

Division leaders ranked in top four positions and best eight teams qualify for playoffs

**Monday's results**  
Utah 140 Toronto 133 (3OT)  
Milwaukee 105 Philadelphia 96  
Oklahoma City 92 Detroit 90  
Miami 113 Houston 110  
Boston 101 Chicago 95  
Minnesota 90 Dallas 82  
Phoenix 110 Denver 100  
Atlanta at Portland  
**Sunday's results**  
Brooklyn 82 Orlando 74  
L.A. Clippers 89 Atlanta 76  
Memphis 104 Miami 86  
Oklahoma City 106 Cleveland 91  
L.A. Lakers 103 Sacramento 90  
**Tuesday's games**  
**All Times Eastern**  
Toronto at Indiana, 7 p.m.  
New York at Orlando, 7 p.m.  
Washington at Charlotte, 7 p.m.  
Cleveland at Brooklyn, 7:30 p.m.  
Portland at Sacramento, 10 p.m.  
San Antonio at L.A. Lakers, 10:30 p.m.  
**Wednesday's games**  
Detroit at Philadelphia, 7 p.m.  
Utah at Boston, 7:30 p.m.  
Charlotte at Minnesota, 8 p.m.  
Memphis at Oklahoma City, 8 p.m.  
Indiana at Milwaukee, 8 p.m.  
New Orleans at Houston, 8 p.m.  
Washington at Dallas, 8:30 p.m.  
Chicago at Phoenix, 9 p.m.  
Miami at L.A. Clippers, 10:30 p.m.  
Atlanta at Golden State, 10:30 p.m.  
**Thursday's games**  
Boston at Brooklyn, 8 p.m.  
New York at San Antonio, 8:30 p.m.  
Miami at Denver, 10:30 p.m.

JAZZ 140, RAPTORS 133 (3OT)				
UTAH (140)				
Derozan 16-33 4-7 37, Calderon 8-16 2-2 20, Kleiza 7-16 3-3 20, Bargnani 5-17 8-9 19, Johnson 5-8 1-3 11, Valanciunas 3-3 4-4 10, Lucas 3-6 0-0 7, McGuire 2-3 1-2 5, Davis 2-4 0-0 4, Gray 0-1 0-0 0, Ross 0-1 4-0 0. Totals 51-108 23-30 133.				
Utah 26 26 30 22 11—140				
Toronto 28 29 30 17 11—133				
<b>3-Point Goals—Utah</b> 14-26 (M. Williams 3-7, Foye 4-6, Hayward 2-6, Millsap 3-4, Jefferson 1-2, M. Williams 1-1). <b>Toronto</b> 8-24 (Kleiza 3-7, Derozan 1-6, Calderon 2-4, Bargnani 1-4, Lucas 1-3). <b>Rebounds—Utah</b> 46 (Jefferson 17, Millsap 9, Favors 6, M. M. Williams 5, M. M. Williams 3, Hayward 3, Kanter 3). <b>Toronto</b> 52 (Johnson 14, Davis 9, Derozan 8, Bargnani 8, Kleiza 7, McGuire 3, Calderon 2, Valanciunas 1). <b>Assists—Utah</b> 30 (M. M. Williams 14). <b>Toronto</b> 31 (Calderon 17). <b>Total Fouls—Utah</b> 26, <b>Toronto</b> 31. A—18,230. T—3:14				

CFL				
PLAYOFFS				
<b>Sunday's results</b> <b>DIVISION SEMIFINALS</b> <b>Byes:</b> B.C., Montreal <b>East Division</b> Toronto 42 Edmonton 26 <b>West Division</b> Calgary 36 Saskatchewan 30 <b>Sunday, Nov. 18 — All Times Eastern</b> <b>DIVISION FINALS</b> <b>East Division — All Times Eastern</b> Toronto at Montreal, 1 p.m. <b>West Division</b> Calgary at B.C., 4:30 p.m. <b>Sunday, Nov. 25</b> <b>100TH GREY CUP</b> <b>At Toronto — East vs. West Winners, 6 p.m.</b>				

GOLF				
WORLD RANKING				
<b>Through November 12</b>				
1. Tiger Woods	9.12			
2. Luke Donald	8.77			
3. Lee Westwood	6.72			
4. Adam Scott	6.24			
5. Louis Oosthuizen	6.21			
6. Justin Rose	6.17			
7. Jason Dufner	5.91			
8. Brandt Snedeker	5.70			
9. Webb Simpson	5.70			
10. Bubba Watson	5.58			
11. Steve Stricker	5.18			
12. Phil Mickelson	5.18			
13. Keegan Bradley	5.05			
14. Nick Watney	5.00			
15. Ian Poulter	5.00			
16. Matt Kuchar	4.96			
17. Dustin Johnson	4.89			
18. Peter Hanson	4.82			
19. Ernie Els	4.75			
20. Zach Johnson	4.71			

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Manchester	11	7	3	0	1	32	21	15
Worcester	13	6	5	1	1	35	42	14
Portland	11	5	4	1	1	41	37	12
St. John's	13	6	7	0	0	27	39	12
Providence	11	4	6	0	1	23	31	9

NORTHEAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Springfield	11	8	1	0	2	40	17	18
Bridgeport	11	8	3	0	0	38	34	16
Connecticut	12	5	6	1	0	40	45	11
Adirondack	11	5	6	0	0	26	33	10
Albany	11	3	5	0	3	22	28	9

EAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Syracuse	11	7	2	1	1	38	32	16
Norfolk	12	7	5	0	0	39	38	14
Binghamton	11	5	4	1	1	26	30	12
W-B/Scranton	12	6	6	0	0	31	29	12
Hershey	12	5	6	1	0	31	32	11

WESTERN CONFERENCE								
NORTH DIVISION								
	GP	W	L	OTL	SOL	GF	GA	Pts
Lake Erie	13	9	4	0	0	46	37	18
Abbotsford	11	7	1	1	2	37	20	17
Rochester	12	7	4	1	0	45	39	15
Toronto	11	6	4	0	1	33	31	13
Hamilton	10	4	4	1	1	22	31	10
MIDWEST DIVISION								
	GP	W	L	OTL	SOL	GF	GA	Pts
Grand Rapids	13	7	4	1	1	46	41	16
Chicago	12	7	4	1	0	34	37	15
Milwaukee	12	6	6	0	0	34	34	12
Rockford	12	5	6	0	1	35	39	11
Peoria	12	2	7	2	1	22	45	7
SOUTH								
	GP	W	L	OTL	SOL	GF	GA	Pts
Charlotte	13	9	3	0	1	50	32	19
Oklahoma City	12	6	5	0	1	33	36	13
Houston	13	5	5	1	2	45	43	13
San Antonio	10	4	5	0	1	22	27	9
Texas	11	4	6	0	1	24	37	9
Note: Two points awarded for a win, one point for an overtime or shootout loss.								

Note: Two points awarded for a win, one for an overtime or shootout loss.

**Monday's result**  
Norfolk 5 Albany 4 (SO)  
**Sunday's results**  
Connecticut 3 Bridgeport 4  
Worcester 4 Providence 3 (SO)  
Portland 3 Hershey 1  
Norfolk 0 Springfield 5  
Texas 4 Houston 2  
**Tuesday's games**  
**All Times Eastern**  
Houston at San Antonio, 11:30 a.m.  
Toronto at Oklahoma City, 11:35 a.m.  
Lake Erie at Abbotsford, 10 p.m.  
**Wednesday's games**  
Adirondack at Manchester, 10 a.m.  
Rochester at Hamilton, 10 a.m.  
Worcester at Portland, 7 p.m.  
Springfield at W-B/Scranton, 7:05 p.m.  
Peoria at Rockford, 8:05 p.m.  
Lake Erie at Abbotsford, 10 p.m.  
**Thursday, Nov. 15**  
San Antonio at Texas, 8:30 p.m.  
**Friday, Nov. 16**  
Albany at St. John's, 1:30 p.m.  
Portland at Connecticut, 7 p.m.  
Adirondack at Binghamton, 7:05 p.m.  
Bridgeport at W-B/Scranton, 7:05 p.m.  
Manchester at Providence, 7:05 p.m.  
Abbotsford at Rochester, 7:05 p.m.  
Springfield at Norfolk, 7:30 p.m.  
Hershey at Syracuse, 7:30 p.m.  
Toronto at Hamilton, 7:30 p.m.  
Grand Rapids at Lake Erie, 7:30 p.m.  
Milwaukee at Oklahoma City, 8 p.m.  
Houston at Rockford, 8:05 p.m.  
Chicago at Peoria, 8:05 p.m.  
Charlotte at San Antonio, 8:30 p.m.

**TRANSACTIONS**

**MLB**  
COMMISSIONER'S OFFICE — Suspended free agent RHP Rafael Martinez 50 games for a violation of the Minor League Drug Prevention and Treatment Program.

**AMERICAN LEAGUE**  
TEXAS RANGERS — Agreed to terms with C Juan Apodaca, OF Jim Adduci, LHP Neal Cotts, OF Aaron Cunningham, and RHP Yonata Ortega on minor league contracts.

**NATIONAL LEAGUE**  
ATLANTA BRAVES — Named Randy Ready manager of Gwinnett (IL).  
CHICAGO CUBS — Named P.J. Mainville trainer.

LOS ANGELES DODGERS — Named Pedro Avila, Gene Grimaldi, Patrick Guerrero, Pat Kelly, Jamey Storvick and Mike Tosar international scouts; Josh Bard player personnel special assistant; and Willie Fraser and Scott Groot professional scouts. Reassigned player personnel special assistant Bill Mueller full-time professional scout.  
NEW YORK METS — Named Jim Malone strength and conditioning co-ordinator.

**NBA**  
LOS ANGELES LAKERS — Named Mike D'Antoni coach.

**NFL**  
BUFFALO BILLS — Signed CB Delano Howell to the practice squad.  
CAROLINA PANTHERS — Fired special teams co-ordinator Brian Murphy. Promoted assistant special teams coach Richard Rodgers to special teams co-ordinator.  
CINCINNATI BENGALS — Signed LB Ben Jacobs to the practice squad. Released OT Jeff Adams from the practice squad.  
GREEN BAY PACKERS — Signed LB Vic So'oto. Placed T Bryan Bulaga on injured reserve.  
INDIANAPOLIS COLTS — Activated NT Josh Chapman from the non-football-injury list. Signed TE Kyle Miller from the practice squad. Placed DT Drake Nevis and CB Jerard Powers on injured reserve.  
JACKSONVILLE JAGUARS — Signed LB Greg Jones. Released WR Anthony Armstrong.  
KANSAS CITY CHIEFS — Placed DE Glenn Dorsey on injured reserve. Signed CB Neiko Thorpe from the practice squad.  
NEW ENGLAND PATRIOTS — Released LB Jeff Tarpinian.

**AHL**  
AHL — Suspended Toronto LW Leo Komarov one game for his actions during Saturday's game.

**TENNIS**  
**ATP BARCLAYS WORLD CHAMPIONSHIPS**  
**At London**  
**Monday's results**  
**Singles**  
**Championship**  
Novak Djokovic (1), Serbia, def. Roger Federer (2), Switzerland, 7-6 (6), 7-5.  
**Doubles**  
**Championship**  
Marcel Granollers and Marc Lopez (6), Spain, def. Mahesh Bhupathi and Rohan Bopanna (5), India, 7-5, 3-6, 10-3.

NFL						
AMERICAN CONFERENCE						
EAST						
	W	L	T	Pct	PF	PA
New England	6	3	0	.667	299	201
Miami	4	5	0	.444	173	186
N.Y. Jets	3	6	0	.333	175	228
Buffalo	3	6	0	.333	211	285
SOUTH						
	W	L	T	Pct	PF	PA
Houston	8	1	0	.889	250	143
Indianapolis	6	3	0	.667	186	201
Tennessee	4	6	0	.400	219	311
Jacksonville	1	8	0	.111	127	246
NORTH						
	W	L	T	Pct	PF	PA
Baltimore	7	2	0	.778	254	196
Pittsburgh	6	3	0	.667	207	177
Cincinnati	4	5	0	.444	220	231
Cleveland	2	7	0	.222	169	211
WEST						
	W	L	T	Pct	PF	PA
Denver	6	3	0	.667	271	189
San Diego	4	5	0	.444	209	191
Oakland	3	6	0	.333	191	284
Kansas City	1	8	0	.111	146	256

**WEEK 10**  
**Monday's result**  
Pittsburgh 16 Kansas City 13 (OT)  
**Sunday's result**  
Cincinnati 31 N.Y. Giants 13  
Denver 36 Carolina 14  
Tampa Bay 34 San Diego 24  
Tennessee 37 Miami 3  
Baltimore 55 Oakland 20  
New England 37 Buffalo 31  
Minnesota 34 Detroit 24  
New Orleans 31 Atlanta 27  
Seattle 28 N.Y. Jets 7  
Dallas 38 Philadelphia 23  
San Francisco 24 St. Louis 24  
Houston 13 Chicago 6

**SOCCER**

**MLS PLAYOFFS**  
**CONFERENCE FINALS**  
(two-game, total-goals series)  
**EASTERN CONFERENCE**  
**D.C. UNITED VS. HOUSTON**  
(Houston leads series 3-1)  
**Sunday's result**  
Houston 3 D.C. 1  
**Sunday, November 18 — All Times Eastern**  
Houston at D.C., 3 p.m.  
**WESTERN CONFERENCE**  
**SEATTLE VS. LOS ANGELES**  
**Sunday's result**  
Los Angeles 3, Seattle 0  
**Sunday, November 18**  
Los Angeles at Seattle, 9 p.m.

**ENGLAND**  
**FA CUP**  
AFC Wimbledon 4 York City 3  
**PORTUGAL**  
**LIGA**  
**Monday's result**  
Maritimo 1 Vitoria Setubal 1

NATIONAL CONFERENCE						
EAST						
	W	L	T	Pct	PF	PA
N.Y. Giants	6	4	0	.600	267	216
Dallas	4	5	0	.444	188	204
Philadelphia	3	6	0	.333	156	221
Washington	3	6	0	.333	226	248
SOUTH						
	W	L	T	Pct	PF	PA
Atlanta	8	1	0	.889	247	174
Tampa Bay	5	4	0	.556	260	209
New Orleans	4	5	0	.444	249	256
Carolina	2	7	0	.222	163	216
NORTH						
	W	L	T	Pct	PF	PA
Chicago	7	2	0	.778	242	133
Green Bay	6	3	0	.667	239	187
Minnesota	6	4	0	.600	238	221
Detroit	4	5	0	.444	216	222
WEST						
	W	L	T	Pct	PF	PA
San Francisco	6	2	1	.778	213	127
Seattle	6	4	0	.600	198	161
St. Louis	3	5	1	.444	161	210
Arizona	4	5	0	.444	144	173

**WEEK 11**  
**Thursday, November 15**  
**All Times Eastern**  
Miami at Buffalo, 8:20 p.m.  
**Sunday, November 18**  
Cleveland at Dallas, 1 p.m.  
N.Y. Jets at St. Louis, 1 p.m.  
Cincinnati at Kansas City, 1 p.m.  
Arizona at Atlanta, 1 p.m.  
Jacksonville at Houston, 1 p.m.  
Philadelphia at Washington, 1 p.m.  
Green Bay at Detroit, 1 p.m.  
Tampa Bay at Carolina, 1 p.m.  
New Orleans at Oakland, 4:05 p.m.  
Indianapolis at New England, 4:25 p.m.  
San Diego at Denver, 4:25 p.m.  
Baltimore at Pittsburgh, 8:20 p.m.  
**Monday, November 19**  
Chicago at San Francisco, 8:30 p.m.

**CIS FOOTBALL**

**CONFERENCE FINALS**  
**Saturday's games**  
**ATLANTIC CONFERENCE**  
**Loney Bowl**  
Acadia 17 Saint Mary's 9  
**ONTARIO CONFERENCE**  
**105th Yates Cup**  
McMaster 30 Guelph 13  
**QUEBEC CONFERENCE**  
**Dunsmore Cup**  
Laval 40 Sherbrooke 17  
**CANADA WEST CONFERENCE**  
**Hardy Cup**  
Calgary 38 Regina 14  
**Saturday, Nov. 17 — All Times Eastern**

**NATIONAL SEMIFINALS**  
**UTECK BOWL**  
Acadia at Laval, 1 p.m.  
**MITCHELL BOWL**  
Calgary at McMaster, 4 p.m.  
**Friday, Nov. 23**  
**48TH VANIER CUP**  
**At Toronto**  
Uteck vs. Mitchell Bowl winners, 7:30 p.m.

100% APPROVAL RATING

APPLY NOW AT CREDITCALGARY.COM

CREDIT CALGARY

Bad credit? No credit?  
You're still approved.



OVER 1000 NEW VEHICLES AND  
OVER 500 USED VEHICLES  
TO CHOOSE FROM







COLLEGE  
Test English Worldwide





# HAIL SALE WITH A DIFFERENCE

## FULLY RECONDITIONED MAZDAS

WITH UNBELIEVABLE HAIL PRICES!

**NO** PAYMENTS  
FOR **90**  
 **DAYS\***

INCLUDES  
FULL

## MAZDA WARRANTY

**2013 Mazda  
CX5**

ONLY  
**8**  
LEFT



ONLY  
**\$30,352**  
NYXK63 - AA00

**PLUS**

**WINTER PREP PACKAGE**

WINDOW TINT, PROTECTION PACKAGE, 3M, WINTER MATS,  
\$2,800.00 VALUE AT NO EXTRA CHARGE!!

**2012 Mazda  
CX9**

ONLY  
**6**  
LEFT



~~MSRP \$43,258~~  
NOW  
**\$33,890**  
QX5887-AA00

**2012 Mazda 3**  
D4SK62-AA00  
**SKYACTIV  
TECHNOLOGY**

ONLY  
**16**  
LEFT



~~MSRP \$21,335~~  
NOW  
**\$17,335**  
**SAVE \$4,000**

**NORTH HILL Mazda**  
YOUR CENTRALLY LOCATED MAZDA DEALER

1211 CENTRE STREET NORTH  
403.276.5962

[NORTH-HILLMAZDA.COM](http://NORTH-HILLMAZDA.COM)

See Dealer for complete details. \*No payments for 90 days offer based on up to 24 - 84 Months OAC.